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THURSDAY JANUARY 10TH, 2019

Get ready for 2019 with our Health, Beauty and Fitness feature - pages 16-19.

Local woman's climb up world's highest volcano - see full story on page 3.

Opposition to Old Sixth Form redevelopment grows in town

A group of residents of Aberthin Road and Millfield Drive opposed to what they describe as the "…destruction of Cowbridge's character" will be in the town centre this Saturday to collect signatures against a social housing provider's controversial plans for 48 properties in the town.

As reported previously in The GEM, social housing landlord Hafod Housing has submitted proposals to demolish the old Sixth Form building on Aberthin Road.

The proposal is to build 48 social rental units comprising five three-storey houses and a four-storey block of flats of 31 one-bed and 12 two-bed flats.

The latter building will be some 16 feet higher than the derelict site it would replace, while the apex of the roof would be around the same height as the by-pass flyover.

The group's objections fall into four categories:

• Loss of an historic building and the necessitated felling of a yew tree;

• The scale of the proposed development, and its character;

• Inadequate parking and an impact of traffic volume on and near Aberthin Road;

• The density of the development. Twenty dwellings were indicated on the local development plan (LDP) for the site.

Speaking to The GEM, one of the group said that residents and others concerned about the development can register their objections in a number of ways.

"The deadline for direct objections to the planning department of the Vale Council is January 24, and emails can be sent to *developmentcontrol@valeofglamorgan.gov.uk*, or by post to the head of Planning and Transportation, The Vale Council, Civic Offices, Holton Road, Barry, CF63 4RU."

The spokesperson added that objections can also be made online by visiting *www.http://vogonline.planning-register.co.uk/PlaRecord.aspx?AppNo=2018/01408/FUL.*

"In all cases, the proposal reference number 2018/01408/FUL must be quoted," said the spokesperson, who also advised how to sign the group's petition.

"You can search for 'Aberthin Road' on *www.change.org,* or visit us this Saturday and the following Saturday (January 19) in Cowbridge to sign the petition."

The group can be contacted at *oldsixthform@gmail.com,* on Facebook (search for Old Sixth Form, Aberthin Road), and *@oldsixthform* on Twitter.

Tractor Boys out for a spin!

ABOVE: The Tractor Boys of Aberthin recently went out for a little run between Christmas and New Year and GLYN EVANS was on hand to capture them in action!
Turn to page 6 to see more pictures from the day.

Residents give their views on The Exchange

AFTER the announcement last week that The Exchange – a market hall and multi-use building originally planned to be placed near the Cowbridge livestock market – would now be in the car park adjacent to The Market Place Restaurant, The GEM has been assessing reactions to the proposal.

On further investigation, it transpired that the proposal has been in Vale Council documents since October 2017,when it was discussed at a cabinet meeting.

CONTINUED ON PAGE 4

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Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email editorial@glamorgan-gem.co.uk

• Letters and e-mails MUST include your FULL address, contact telephone number. We reserve the right to edit all letters. We do NOT accept anonymous mail.

'Was 98 bus trial set up to fail?'

I would like to comment on '98 bus trial won't be extended' (The Barry and Penarth GEM, January 3, 2019).

It is very disappointing that following a five-year campaign by residents and politicians Cardiff Bus has decided not to continue the afternoon service.

This is very disappointing for those who campaigned for an improved service and have benefited from the service during the trial period.

A big thank you to Elwyn Toozer, a local resident, Alun Cairns MP and more recently Cllr Vincent Bailey for their hard work in trying to improve Cardiff Bus service 98 to King Square Highlight Park.

However, was this trial period set up to fail? Although Cardiff Bus revealed that the response did not warrant a permanent change to the timetable, it has not revealed how it came to this conclusion.

The afternoon service was used, but how many passengers would be required to make the service viable? The way Cardiff Bus operated the trial was neither efficient nor economical.

The three afternoon journeys were operated by the same bus and driver which meant that the bus had a period waiting to commence each journey, a journey between King Square and Morrisons without passengers and a 'Not in Service' journey between Morrisons and King Square before commencing the next service 98 journey. Each 40-minute round journey was followed by a 20-minute non-productive period. How could a service being operated this way ever become viable?

Several years ago, service 98 was created by terminating service 94 at Morrisons. Previously, service 94 ran between Cardiff city centre and Highlight Park, twice an hour, six days a week.

This service was successful and the difficulties only arose when Cardiff Bus created service 98 to cover the King Square/Highlight Park as part of the journey.

Prior to this, there were four buses an hour between Highlight Park and King Square with the other two buses (service B4) run by another operator.

Service 98 is the only service provided by Cardiff Bus in the Barry area that runs once an hour, mornings only, five days a week. All other Cardiff Bus services in the Barry area (94, 95, 96, 97 and 97A) run twice an hour on at least six days a week.

This may suggest that extending service 94 to Highlight Park, as provided previously, will be more cost effective and provide a way forward. Often the more frequent and reliable a bus service, the more passengers it will attract.

A further explanation is required on the way Cardiff Bus set up and operated the trial and the conclusions drawn from it.

Mr M P Mitchell, Barry.

The GEM provided Cardiff Bus with an opportunity to respond to the points Mr Mitchell made.

A spokesperson responded: "Regrettably, and despite our best endeavours working with local user representatives and Vale of Glamorgan Council, we have been unable to increase on a regular basis the number users during the afternoons.

"Therefore, we will revert back to the pre-September timetable, albeit with a slight improvement in that the 2.23pm journey from Highlight Park will now continue beyond Pontypridd Road to the Waterfront."

Reader accuses local hunt of 'illegal activities', another says it is acting within the law

IT is inexcusable of the Cowbridge GEM to glorify the contributed photograph by a GEM reader capturing 'the excitement of the crowd,' on such a despicable and illegal event, the Glamorgan Hunt having its traditional entertainment at the expense of defenceless foxes.

Eighty-five per cent of people are now firmly against fox hunting and although you deemed it a 'good turnout' (your headline) you can be sure that next year there will be a gathering of anti-fox hunting activists demonstrating against this cruel event!

Some say it is part of British culture and should thus be preserved.

There's no need to be a philosopher, however, to realise what's wrong with this reasoning.

The fact that British people (or in fact a very tiny fraction of them) have been engaged in this for generations does not imply that it's a morally justified practice.

It has already been widely denounced online* and the article forwarded to well-known personalities that are advocates for the protection of all wildlife and have the ears of the masses.

I do hope they too, next year, will have such 'uplifting' coverage also.

Jackie Morris, Barry.

WHILE I am a rider, I am against fox hunting, but I have no problem seeing one of our local hunts massing in Cowbridge on Boxing Day and New Year's Day and going for a darn good ride in our beautiful countryside.

In fact, I love to watch it.

I accept that not all people care for this, but I don't care for TV game shows. Each unto their own and live and let live.

However, the vitriol, bullying and downright lies being spread after your recent posts, and let's be clear, you're reporting news, relating to these two hunt meets is astonishing.

The only thing more astonishing are the prejudices and ignorance of the vast majority of those making comments.

Hunting foxes with hounds to have them killed by those hounds is illegal under the Hunting Act 2004.

There are people posting on your social media pages that the Glamorgan Hunt is doing this. They are calling for the photographs to be used as evidence against the Hunt, but for what? All they show is 90 or so horses, in tip-top condition, about to go out for a gallop!

There is no evidence that the Glamorgan Hunt or its members are in any way breaking the law.

If they are, if anyone has evidence, then surely they should report it to the police?

Unless proven guilty, they are acting within the law and must be allowed to ride and behave as they wish, regardless of whether a small, vicious, vociferous group disagrees.

The bullying and accusations (mostly it seems from people far outside the area) against The GEM are equally bad, and one must admire your moral courage and editorial independence not to cave in, but to report news freely and fairly. I hope you keep it up.

Sally Blythe, Llantwit Major.

**GEM note: Not quite. On Facebook, there were (at the time of writing), 27 negative – some verging on defamatory – comments, two 'likes' and one pointing out that The GEM was merely reporting news. However, on Twitter to very similar article, there were three negative comments and 39 'likes'.*

And yes, The GEM will continue to report news and events as any newspaper should.

'Thank you all for supporting the Friends and Neighbours group'

I WOULD like to take the opportunity on behalf of Friends and Neighbours to thank all those who have supported the group last year.

The group has grown immensely, with some 80 members including volunteers, and we now have a waiting list due to its popularity.

Many lonely and isolated people have joined this friendly social group and have made many new acquaintances and made up with old friends.

The group has enjoyed trips to Abergavenny Market, Forest of Dean, Symonds Yat, Blooms Garden Centre and Evesham with local lunches. It has also visited a pantomime and Wales Millennium Centre to see War Horse, Matilda and Snow White, as well as the monthly meetings at Beryl Road Pioneer Hall.

With Sponsorship from Morrisons, Asda, Waitrose, Tesco and Barry Round Table, more than 60 members enjoyed a three-course Christmas lunch at Barry Masonic Hall, with entertainment from Barry duo Les and Brian and a present from Santa, thanks this year to Community Matters at Waitrose.

I would like to also thank both AM Jane Hutt and MP Alun Cairns for their long and outstanding support over the years and to The GEM for their support.

Thanks must also go to Barry Town Council and finally, the wonderful volunteers Phyl, Marlene, Pam, Helen, Mary, Sue, Joyce, Sandra and Susan for all their help.

I hope everyone had a lovely Christmas and wish you all a Happy New Year and all the best for 2019.

Gay Fifield, Coordinator, Friends and Neighbours.

'Schoolgate' is 'a betrayal by Vale Council'

I am grateful for Peter Graham-Woollard's sympathy and agreement with local concerns over plans to close Llancarfan Primary School.

But for those of us in Llancarfan and the surrounding area already living with the consequences of this ruinous proposal, I must take issue with two other points in his letter.

First, there are no minimum roll levels for Welsh Government funding, so it is wrong to give that as the reason for Llancarfan's demise. The WAG Cabinet Secretary for Education confirmed as much in response to questions put by Conservative AM Andrew RT Davies (a keen supporter of our campaign).

This and other falsehoods have clouded the consultation process, which I suspect was partly responsible for Matt Lloyd's decision to resign in frustration.

Second, independent Cllr Penrose may have led the debate as council Cabinet Member for Learning and Culture, but he did so with the full knowledge and support of his Conservative colleagues. With the exception of Cllr Kemp, all the other Conservative cabinet members backed the proposal. And if Matt Lloyd is right, they did so from the very start, which was another reason for his resignation.

Make no mistake: this Conservative-led council has betrayed our community and the proposal sets a dangerous precedent for schools in the rural Vale. Which is why there will be a reckoning in future elections.

Jim Barratt, Llancarfan

'Have people in Cowbridge concern for the town?'

I have just visited Crickhowell, which won the Best UK High Street award recently [Cowbridge won the 'Rising Star' award. Ed].

The residents bought a vacant pub to prevent Tesco setting up there. Can anyone imagine people with such concern for the integrity of their town allowing an incongruous development on their high street like the proposed Exchange Building at The Butts in Cowbridge? Such a design would have been incongruous enough on the sheep market.

Then there is the block of flats on the Aberthin Road…

R Bradshaw, Cowbridge.

HIGH TIDE TIMES
(UNTIL JANUARY 14)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 – 25 minutes later.

DATE	Time AM	Ht M	Time PM	Ht M
10 Thur	08.53	9.1	21.12	8.9
11 Fri	09.29	8.9	21.43	8.7
12 Sat	10.02	8.6	22.23	8.4
13 Sun	10.46	8.2	23.04	8.0
14 Mon	11.34	7.9	23.58	7.8

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

We abide by the code of practice upheld by the Independent Press Standards Organisation (IPSO). This contains provisions for issues such as accuracy.

If you have a complaint, write to us at the address below, left, or call Gareth Jamieson on 01446 774484. All complaints will be fully investigated. If you are not satisfied with the outcome, you may wish to contact IPSO, Gate House, 1 Farringdon Street, London EC4M 7LG
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Local woman Etta is all set to ascend a strato-volcano for military charity

LLANTWIT Major resident Etta Dobbins is in training to climb Ojos del Salado ['Eyes of the Salty One'], which, at 22,615ft is the world's highest active volcano.

Etta is one of a team of 12 women who are undertaking the Forces Wives Challenge (FWC) flagship expedition in Chile next month. The group is aiming to raise £10,000 for the Royal British Legion to assist serving members, their families and veterans, a particular focus being loneliness and isolation across the Armed Forces, which is very much what the Forces Wives want to help alleviate.

The Forces Wives have a final training expedition to Ben Nevis commencing on January 18. The initiative is designed to bring Forces' wives together through adventure and challenge.

The ascent of Ojos del Solado is certainly challenging, the summit being reached for the first time by a Polish expedition as recently as 1937. Climbers are able to hike in the earlier stages, but the final section is difficult and requires the use of ropes.

Speaking to The GEM, Etta said: "I am proud to be part of this exciting adventure, and while I am obviously nervous about undertaking such a difficult challenge, I am confident that with the mutual support of my fellow team members, we will achieve our goal."

Etta, who is a member of the Major Milers Club, is busy fundraising and will be holding a cheese-and-cracker quiz night at the Llantonian Hall, Llantwit Major on Friday, January 25. Tickets are £5.

To learn more about the FWC initiative, visit *www.forceswiveschallenge.org*

Choir reflects on the year that was...

THE past year has seen Cowbridge Male Voice Choir (CMVC) reaping the rewards of the work that they have undertaken over the past two years.

The choir has expanded the range of its repertoire, and its members are indebted to the hard work and patience of two ladies, Rhiannon Williams the choir's musical director and Sandra Williams, their long-serving accompanist.

During the past year, the choir performed 10 concerts and sang at 10 other events.

The highlight of the past year was the annual concert in July with its guest Kate Woolveridge, whose performance was outstanding; as were the performances of Heledd Wyn Newton and Matthew Daly, both of whom won their age competitions in the annual Music in the Vale competition.

The choir has now resumed rehearsals in Holy Cross Church, Cowbridge where it meets at 7.30pm every Wednesday.

It is normal at this time of the year to make resolutions, which are usually broken fairly quickly. Gentlemen: even if you have already broken or if you have not made any resolutions, why not make one which is easy to keep: 'join a male voice choir'.

Not only will you find a warm and friendly welcome but according to medical opinion singing is good for your health and wellbeing.

This would be a good time to join CMVC as it starts to prepare for its concert in July with a new repertoire and fresh pieces to learn.

The choir's diary for 2019 is filling up fast, nine concerts have already been booked along with various other events.

The next concert in Cowbridge will be a joint concert with The Brize Norton Military Wives' Choir to be held in Holy Cross Church. Details will be announced in due course.

Lastly, the choir would like to thank all those who have supported them in the past year: their sponsors The Place for Homes, Llandow; those who placed advertisements in the choir's annual concert programme, and all the people who support the choir by attending concerts.

Finally, to its intrepid band of vice presidents who support the choir's charitable aims through an annual donation.

For more information, contact Phillip Insley on 01446 796044 or email insleyphilip@hotmail.com.

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The GEM asks what local residents think about plans for The Exchange

CONTINUED FROM PAGE 1

Nevertheless, even the most local residents appear to have been unaware of the change.

Plans for the entire livestock market area are still under wraps, and when The GEM conducted a modest 'vox pop' (see below) several respondents wanted to know what else was happening.

When asked, the Vale Council responded, saying: "The council remains in dialogue with the market operators and users and has supported the preparation of a report concerning the long-term future of the market prepared by PER consulting. The council has also created an internal board to consider the long term future of the site.

"The Council's cabinet minutes of 23/10/2017 therefore remain relevant http://www.valeofglamorgan.gov.uk/Documents/_Committee%20Reports/Cabinet/2017/17-10-23/Cabinet-Minutes-23-October-2017.pdf"

At the local business most affected, The Market Place, owner Peter Marriott has a range of concerns, ranging from the suggestion that The Exchange, which will include a cafe and market stalls, will be offered a 'peppercorn' rent that will give it a huge advantage over local businesses, to the fact that the construction of the building will restrict access to The Market Place, and block light through windows.

He is also concerned that the Vale Council has decided that the decision can be made by council officers through 'delegated powers' – rather than by councillors at a planning committee.

Concerning this matter, the Vale Council said: "The application currently meets the terms set out in the council's constitution for determination under powers delegated to the head of planning and operational manager for development management, being defined as a minor development, but it is open to the local members of the Vale Council to call the application to committee if they feel they have grounds to do so."

Initial reactions to the proposal

Staff left GEM Towers to conduct a quick vox pop along Cowbridge High Street.

The 10 or so respondents – a mix of local business people and shoppers were broadly in favour of the plans.

Broadly in favour, but a touch surprised when we pointed out that The Exchange would not occupy the site of the livestock (rad: sheep) market, but the Market Place car park.

Almost inevitably, each respondent asked: "But where will people park?"

The planning application points to new parking spaces that will be available when the Cowbridge Charter Trust completes its project to remove the old cattle sheds further along the town wall.

However, until the Vale Council releases its plans for the entire livestock market area,it will not be possible to make a judgement about the overall parking situation.

One high-street trader, operating for more than 40 years, said he was in favour although equally vexed over parking, adding: "…but the Devil is in the detail".

He thought the stalls, some 26, would be ideal not only for regular farmers' markets, but also for flea markets, pop-up shops, and to encourage new, younger entrepreneurs with start-up businesses.

Another long-standing business owner on the high street called the new plans a "great idea." His caveat was that any car parking spaces lost must be replaced one-to-one, or more.

"The town must change and adapt, and this is an opportunity for that.

"It's a nice plan, looks like a nice building, and I like that it will be a multi-use space."

He said he would be happy to see the the livestock market be relocated to, he suggested, Pencoed.

"There is a lot of space there, good road links and just off the M4, and it's close to the agricultural campus of Bridgend College, so good for the students, too."

However, at a Vale Council cabinet meeting in October 2018, the plan to shift the market to "the edge of Cowbridge" was extant. Pencoed is some seven miles away, and therefore hardly on the edge of Cowbridge, and is another county.

Readers in Cowbridge, and those who visit the town, are invited to submit their thoughts.

Write to *editorial@glamorgan-gem.co.uk*, and include full contact details.

COMMUNITY NEWS

TREOES, LLANGAN & ST MARY HILL

News and views from Nancy Davidge, Tynewydd, Llangan. 01656 860303.

SARON CHAPEL LOTTERY DRAW

THE winners of the New Year lottery draw were: First, Mrs C Madley; second, Mr J Jenkins, and third, Mr N Jones.

A big thank you from Saron to everyone who supported the chapel during 2018 and it will continue throughout 2019.

The importance of the village halls

THE village hall is an important part of village life.

The Treoes hall is used on a weekly basis for the Young At Heart Club and the Brownies. Dances are also hosted.

The Llangan and St Mary Hill hall is also used regularly; an extension is in the process of being built.

Saron Chapel, Treoes

THE next service at Saron will take place on Sunday, January 17 at 3pm. All are assured of a warm welcome.

Does leaflet drop offer a clue to general election?

THERE'S speculation that local MP Alun Cairns might be preparing for a general election after the Conservative Party organised a leaflet drop in Llantwit Major – just weeks after a previous leaflet drop.

Over the weekend Theresa May warned that the UK faces "unchartered territory" if Parliament failed to back the Brexit deal she has agreed with the EU.

MPs will decide on the deal next week and if it's voted down, Labour might push for a no-confidence vote to force a general election.

Last week, Llantwit Major residents received a leaflet in which Mr Cairns addressed issues such as transport, local business and schools, along with photographs of himself with local groups.

The GEM asked Mr Cairns whether he was preparing for a possible general election and he told us: "Over the past eight years, I have given year-round updates on my local work in Llantwit Major and across the Vale.

"Whether it be a community led campaign or fighting an injustice, I will continue to communicate directly and regularly with residents on my championing of the Vale of Glamorgan as a great place to live and work."

Llantwit resident Mr Harris said: "When you get another leaflet from Alun Cairns, the second in the space of eight weeks, which repeats claims he made previously, it appears he is desperate to get votes in a forthcoming election.

"It is clear that Mr Cairns is spending his time canvassing local people because he is desperate to keep his seat."

Local councillor Gwyn John agreed that the leaflet drop appeared to be electioneering: "It looks that the gloves are off and an election might be just around the corner. It could be declared as early as January 15 when the Commons' vote on Brexit is held and Mrs May is favourite to lose the vote."

Other parties in the Vale told The GEM they were ready if an election was called.

The Labour Party's prospective parliamentary candidate for the Vale, Belinda Loveluck-Edwards, said: "I am prepared for an election and eager for the opportunity to put Labour's case before voters across the Vale.

"I will continue to campaign all year round to make sure people know how Alun Cairns and this Tory government are failing our families, our communities and continue to treat Wales with utter contempt."

Plaid Cymru councillor Ian Johnson, who finished third in the Vale in the 2017 election, said: "A third general election in four years would prove the Westminster system is broken, and shows why our Welsh Parliament should have more powers in future, including welfare and media.

"If an election is called, Plaid Cymru will be fighting to make sure Wales gets the funding we deserve, and use that money to improve our hospitals, schools and transport."

TC

Works taking place in town

COWBRIDGE with Llanblethian Town Council has issued a statement about recent works that have been carried out in Southgate Park.

It said that over a period of time the council were becoming increasingly concerned about the overgrown shrubs, plants and weeds at the Southgate Park site in Cowbridge and had received a number of complaints about its condition.

The statement continued: "The matter was considered at both committee and council meetings and it was decided that clearance work should be carried out in the winter months with a view to replanting the area in the early part of 2019. In addition to seeking professional advice on the best plants to use to ensure minimum maintenance, it was agreed that this would be an ideal community consultation project and as such the council has decided that once the preferred contractor has provided a choice of designs for the park, members of the community will then be invited to take part in the decision as to which one is the 'peoples favourite'.

"The council recognises that the project could take a few months to complete but is hopeful that the end product will be one that all members of the community can admire, enjoy and be proud of."

Silver Surfers group get a sugar treat!

Some of the beautifully decorated cakes presented to the Silver Surfers Club.

CHRISTMAS came to Pontyclun Church Silver Surfers Club, courtesy of Pontyclun British Sugarcraft Guild.

Each member of the Silver Surfers was given their own individually decorated and wrapped Christmas cake, including members with special dietary requirements who received gluten free cakes, much to the enjoyment of the ladies concerned. One lady said she was "over the moon that she had been thought of."

The members of the Sugarcraft Guild made 53 cakes, in all different styles and some surplus cakes were donated to Women's Aid in Bridgend.

Pontyclun Sugarcraft Guild are a friendly group and new members are always welcome on the second Monday of each month. For further details, contact Sue on 07896830826.

The next event the group are looking forward to is the Welsh National Cake show, being held in County Hall, Cardiff on Saturday, February 9.

Pontyclun are competing in the group competition and several members will compete in individual competitions. Visit *www.welshcakeshow.com* for further details.

SF

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Claire's 2018 marathon for Vale Surf Lifesaving Club

THE secretary of a local sports club ran over 1,400 miles in 2018 after setting herself the daunting challenge of running every day in the year to raise funds for it.

Claire Connolly, who lives in Rhoose, wanted to provide a boost for Vale Surf Life Saving Club and managed to run a minimum of five kilometres every single day last year. She conquered the 'Beast from the East', which brought heavy snowfalls in February and March, a summer heatwave and torrential rains in November and December.

Claire also completed her 100th park run just before Christmas and started the new year in style with a fine performance at Cardiff New Year's Day Park Run before heading for Barry Island to help marshal the one there.

She said: "I battled snow, hail, wind, rain, heat, illness and injuries. I managed to complete my year of running every day of 2018 and clocked up a total of 2,325km (1,444 miles).

"I would like to thank everyone who has supported me in this crazy challenge – friends, family, Vale SLSC, Stravathletes and everyone at Barry Island Park Run. The Saturday 5k would not be the same without them!"

Claire managed to raise £395 for the club.

To make a donation go to www.facebook.com/donate/339334450235892/.

TC

Pleasure park 'eyesore rubbish' causes outcry on social media

BARRY Island Pleasure Park owner Henry Danter has told The GEM that piles of rubbish just inside the perimeter of the park will be removed in the next couple of weeks.

He said areas of the park are being cleared so that tarmac can be put down.

On social media, people complained that parts of the site looked like an "eyesore" and that the mess had been there for some time.

Mr Danter, who bought the business in 2015, explained: "We are making improvements to the site. This includes clearance work and the rubbish will be taken away by contractors in the next couple of weeks.

"We are levelling the ground and adding tarmac to make it better for visitors. We also have a new rollercoaster arriving and the ground has to be prepared for it.

"You can't wave a magic wand – there's going to be some rubbish while improvements are made. The aim is to get everything ready for half term in February."

He added that the pleasure park was continuing to make progress and that trade was up 30 per cent in 2018.

TC

Henry Danter says piles of rubbish at Barry Island Pleasure Park will be removed "...in the next couple of weeks".

'Guilty gulls or criminal cats to blame for waste?'

I refer to the recent article in The GEM regarding waste from black bags.

I have had trouble twice with ripped bags and the contents scattered.

I have been informed that it was not birds that were the culprits, but cats.

There was no food in the bags and I try to rinse out tins and containers, although I admit that I might miss some. I own a cat that stays in at night.

E Williams, Llantwit Major.

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The Tractor Boys of Aberthin's latest charity run

PHOTOGRAPHS
by GLYN EVANS
OTHER PICTURES ARE AVAILABLE FROM THIS EVENT.
Pictures can be purchased by contacting:
E-Mail: ffotoimage@tiscali.co.uk
Telephone 07791 228684
www.ffotoimage.co.uk

THE Tractor Boys of Aberthin put on a number of tractor runs in aid of charity throughout the year, and they were out and about again between Christmas and New Year.

They assembled in Talygarth, before heading off on a circular tour of the Vale, enjoying the quiet holiday roads.

Wilde times in St Hilary

A new venture is happening in St Hilary Village Hall: live theatre on Thursday, January 31 at 7.30pm.

Rocket Theatre will perform Lord Arthur Saville's Crime, a play by Oscar Wilde (supported by the Arts Council of Wales).

'Murder is always a mistake: one should never do anything one cannot talk about after dinner…'

It is a gripping tale of love, honour, duty, fortune-telling and murder. Lord Arthur takes his marriage vows very seriously, but when he has his fortune told just weeks before the wedding, his destiny simply cannot be ignored.

Join Lord Arthur and his trusty valet, Middlewick, in a wicked black comedy that positively fizzes with fun.

Tickets can be booked from Caroline Neudegg at ceneudegg@gmail.com or call 01446 774215 and leave a message and contact details.

Good old St Nick…

ON January 3 January president Janet Hayes welcomed former Detective Superintendent Colin Jones to the St Nicholas WI meeting.

Colin gave an excellent talk on how DNA was a breakthrough with a murder enquiry in Cardiff, which was reported worldwide. Wales led the way which revolutionised the way police now structure their investigations throughout the UK.

The president read out the resolutions for 2019, and votes were recorded and sent to Federation House. Ann Roach won the raffle and there were joint winners for the monthly competition, Rosemary, Vivienne and Wendy.

Next month on February 7 we will have a talk and demonstration on the benefits of reflexology. New members welcomed at The Reading Room, Bonvilston at 7pm.

VH

Rhoose Community Cinema's new program launched

GET ready to sing and dance, laugh and love all over again when Rhoose Community Cinema begins its winter/spring program with *Mamma Mia! Here We Go Again* (PG), showing Saturday, January 12 at Stewart Road Community Centre.

Doors open 6.45pm, screen time 7.15pm; bar/snacks available. Tickets £5; further information from Jo on 07986 907151.

Company digs deep to help hospice garden project

SOUTH Wales business Neal Soil Suppliers (NSS) worked closely with Costain to refurbish the memorial garden at Ty Hafan children's hospice, which was completed late 2018.

NSS supplied its expertise by removing and managing waste materials from the site.

In 2015 Costain were approached by Ty Hafan about supporting a major project at the hospice involving the re-design and refurbishment of an established memorial garden.

In order for this project to be successful, Costain required a number of partners, one being NSS.

As Costain came close to completing the memorial garden, the volume of waste soils, wood and other materials had increased to a larger than expected volume. Costain approached Neal Soils to explain the charitable work they had undertaken to date at Ty Hafan and asked if they would be interested in providing a price for the removal and management of the waste materials.

When NSS understood the history of the project, they were happy to join the team and offered to collect, haul and manage the waste materials free of charge.

Liam Neal, commercial and contracts manager of NSS, said: "We were delighted when Costain asked us to be a part of this project. Ty Hafan is a fantastic local charity and the garden will provide a peaceful space for bereaved family and friends to remember their loved ones."

Mr Neal added: "It was an honour for Neal Soil Suppliers to be involved and I hope that the garden will be enjoyed by both the children and their families in the future."

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Paul and Shane at school of hard knocks

RIGHT: Paul Watkins and Shane Williams tried out wheelchair rugby and discovered it has its own brand of big collisions.

FORMER rugby player Paul Watkins heads for Everest base camp in April in a bid to raise funds for the 'Wooden Spoon' charity.

Paul, who lives in Rhoose, and former Welsh rugby legend Shane Williams were keen to learn about the sort of help the charity provides for young people.

Paul explained: "Shane and I went to Southampton and played wheelchair rugby with Solent Sharks. It is a pretty brutal sport with big collisions. Shane and I had a tough time.

"Wooden Spoon pays towards the wheelchairs which cost between £3,000 and £4,000 each. Wheelchair rugby encourages youngsters with disabilities to get involved in the sport and have a great workout.

"There were great people there who use the sport to get on with things, despite their disabilities."

He added: "The Everest challenge is getting close and we will soon start training in oxygen limited chambers."

BARRY FORM

BARRY SIXTH FORM OPEN EVENING

Pencoedtre High School
Thursday 17th January
5 - 7pm

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@WhitmoreHigh

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www.pencoedtrehigh.org.uk
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Vale MP looks back on superb year for the area

Welsh Secretary **ALUN CAIRNS** reports to GEM readers

AS we enter 2019, I would like to begin by wishing everyone a very Happy New Year.

Readers will be aware from my column before Christmas, I'm incredibly positive and optimistic as we look towards the New Year. Locally, the regeneration of the Barry and the Vale is continuing, jobs are being created and we are attracting high level investment to the area.

Once again, I worked with many excellent community organisations on a range of initiatives over the course of the last year and I am looking forward to continuing this work in 2019.

This included raising more than £3,000 for the Royal British Legion through my 100 Wreath Commemoration, in which 100 local school children laid 100 wreaths to mark 100 years since the end of the First World War.

I'd like to pay tribute to the local businesses who donated, the schools who got involved and the Royal British Legion who work tirelessly to support our service men and women and veterans.

I also ran my seventh London Marathon to raise money for local causes, which amounted to over £10,000. This was split between Atal Y Fro, a local women's aid charity, and children's charity NSPCC.

This year, I'll be running the Marathon again to raise money for two more incredibly deserving causes which will soon be revealed, and I will once again be very grateful for donations to support their work.

One of the key projects that I worked on last year involved helping to make the Vale a more Dementia Friendly community, so that those living with dementia do so within a more tolerant and understanding environment.

Cowbridge has taken the lead on this locally and it's excellent to see the positive impact it has had on the community there.

With this in mind, I worked with the Alzheimer's Society to hold Dementia Friendly training in Llantwit Major, beginning the process of creating a Dementia Friendly Llantwit. It was a great success, with many members of local community groups getting involved and we've now launched a focus group which will work on getting businesses and other members of the community involved.

I'm also pleased that community members in Barry and Dinas Powys have been working towards this. For me, this is just the start and I look forward to working with community groups across Barry and the Vale this year as we continue with this important initiative.

I want to take this opportunity to recognise the many people locally who do incredible work within our community. It's always fantastic to see when their hard work is rewarded and that's why I'm delighted that many excellent individuals from the Vale have been recognised in the Queen's New Year's Honours list for 2019.

Among those honoured included are Consultant Clinical Oncologist Professor Thomas Crosby OBE of Velindre Cancer Care for services to cancer services in Wales; The Crown Prosecution Service's Area Business Manager Michael Grist OBE, for services to law and order; Stephen Marsh BEM of the Metropolitan Police Service for services to policing; Richie Paines BEM of South Wales Police for services to policing, and Catherine Watkins BEM for services to education and to young people in Rhoose. I was very sorry to hear that Catherine had sadly passed away before she could receive the award.

I want to pay tribute to these individuals who have achieved their honours through years of dedication to public services in many different forms, all of which contribute to bettering our community.

Also recognised in the Honours list is Alan Peterson, who I worked with last year while I was raising funds for NSPCC Cymru through running the London Marathon. Alan is the NSPCC's Appeal Board Chairman and has received a thoroughly deserved OBE for his services to charitable fundraising in Wales.

I'm very much looking forward to the next 12 months, championing the Vale and doing all I can to support regeneration and job creation. If I can ever assist you with any matters, please be in touch and I will be more than happy to help.

Best wishes for 2019.

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Warm tribute paid to Barry police inspector

SOUTH Wales Police have announced "with great sadness" the death of Detective Inspector Terry Hopkins who passed away on Monday, December 24.

Terry was stationed at Barry CID and had previously worked in Cardiff and Pontypridd.

He was married and a father of three children.

Bridgend and Vale of Glamorgan Divisional Commander, Chief Superintendent Stuart Parfitt, said: "Terry was a fantastic detective – hard working and enthusiastic and a great ambassador for the communities of south Wales that he served.

"Terry was a hugely respected member of my team and everyone is totally shocked and devastated to hear of his death. Our thoughts are with his family, friends and colleagues at this very sad time."

Terry's family have requested privacy at this time.

Volunteer in 2019...

WHY not let the New Year be the start of something new? Make a New Year's resolution to get involved in volunteering.

Glamorgan Voluntary Services (GVS) promotes 500 volunteering opportunities across the Vale. Volunteering covers a huge range of interests which include, sports, befriending, hospitals, environment, support, driving, elderly, computers and technology, charity shops, caring, youth work, administration, substance misuse, fundraising, marketing, and many more.

However much time you have to give, we can help you find a volunteering opportunity that is right for you.

Volunteering can offer enormous benefits. You can build confidence, improve health and well-being, gain a reference, meet new people, add structure to your day, gain new skills, enhance your CV and gain practical experience.

An attendee at a recent event said: "I had an interesting experience at the Llantwit Major Mini Volunteering Event. I picked out the Cardiff and Vale Credit Union to volunteer with because it was different compared to the other organisations available. I found it would help me to develop the skills I want to improve on."

Visit our website or social media accounts for further details about our volunteering events in 2019 which includes our Big Volunteering Fayre in January.

Make a difference, come and see us and see how you can get involved. Call us on 01446 741706 or visit-gvs.wales.

GORCHYMYN CYNGOR BRO MORGANNWG (A48 (RHAN) Y BONT-FAEN) (CYFYNGIAD CYFLYMDER 30MYA) (DROS DRO) 2019

Ar 10 Ionawr 2019, gwnaeth Cyngor Bro Morgannwg wrth arfer ei bwerau dan Adran 14(1) Deddf Rheoleiddio Traffig Ffyrdd 1984 a'r holl bwerau galluogi eraill Orchymyn a fydd yn gorfodi'r hyn a ddisgrifir yn yr Atodlenni isod.

Daw'r Gorchymyn i rym ar 14 Ionawr 2019 neu ar y dyddiad y bydd yr Arwyddion Traffig angenrheidiol mewn lle pa un bynnag ddaw olaf a gellir gweld copi o'r Gorchymyn yn y cyfeiriad isod yn ystod oriau swyddfa arferol.

Os ydych am gwestiynu dilysrwydd y Gorchymyn neu'r darpariaethau ynddo ar y sail nad ydynt yn unol â'r pwerau a ddyfarnwyd gan y Ddeddf uchod neu ar y sail nas cydymffurfiwyd ag unrhyw un o ofynion y Ddeddf, neu unrhyw offeryn a wnaed dan y Ddeddf mewn perthynas â'r Gorchymyn, gallwch, o fewn chwe wythnos o 14 Ionawr 2019, wneud cais i'r Uchel Lys at y diben hwn.

ATODLEN 1

Ni fydd unrhyw berson yn achosi neu'n caniatáu i gerbyd modur deithio'n gyflymach na 30 m.y.a. yn y lleoliad a nodir yn Atodlen 2 isod.

ATODLEN 2

Lleoliad: Yr A48 o Gibbets Hill, y Bont-faen i'r lôn ddi-enw sy'n arwain at Eglwys St Brynach.

Rheswm: Mae'r cyfyngiad yn cael ei weithredu i alluogi gwaith i wella'r ffordd.

Hyd: O 0.01 ar 14 Ionawr 2019 am hyd at 18 mis.

Dyddiedig 10 Ionawr 2019
Cyfarwyddwr Amgylchedd a Thai
Cyngor Bro Morgannwg, Yr Alpau,
Gwenfô. CF5 6AA.

11x6

THE VALE OF GLAMORGAN COUNCIL (A48 (PART) COWBRIDGE) (30MPH SPEED RESTRICTION) (TEMPORARY) ORDER 2019

On the 10th January 2019 the Vale of Glamorgan Council in exercise of its powers under Section 14(1) of the Road Traffic Regulation Act 1984 and of all other enabling powers made an Order the general effect of which is as described in the Schedules below.

The Order will come into operation on the 14th January 2019 or on the date that the necessary Traffic Signs are in place whichever is the later and a copy of the Order may be seen at the address shown below during normal office hours.

If you wish to question the validity of the Order or any provisions contained therein on the grounds that they are not within the powers conferred by the above Act or on the grounds that any requirement of the same or that any instrument made under it has not been complied with in relation to the Order, you may within six weeks from the 14th January 2019 to the High Court for this purpose.

SCHEDULE 1

No person shall cause or permit a motor vehicle to travel at a speed greater than 30 mph in the location specified in Schedule 2 below.

SCHEDULE 2

Location: The A48 from Gibbets Hill Cowbridge to the un-named lane leading to St Brynach's Church.

Reason: The restriction is being implemented to allow new road improvement works to take place.

Duration: From 0.01 Hours on 14th January 2019 for a maximum period of 18 months.

Dated this 10th day of January 2019
Director of Environment and Housing
Vale of Glamorgan Council, The Alps,
Wenvoe. CF5 6AA

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STOP THE DESTRUCTION OF COWBRIDGE'S CHARACTER!

Object to the Plans for the Old Sixth Form Site

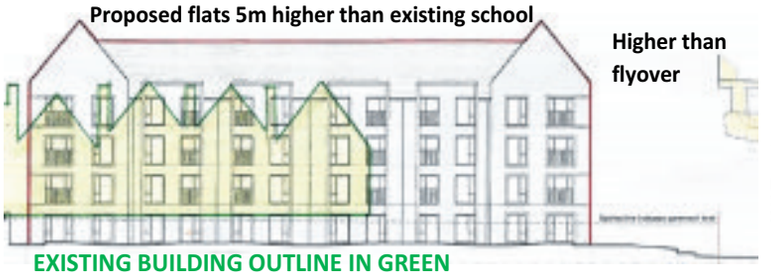
Planning Application 2018/01408/FUL

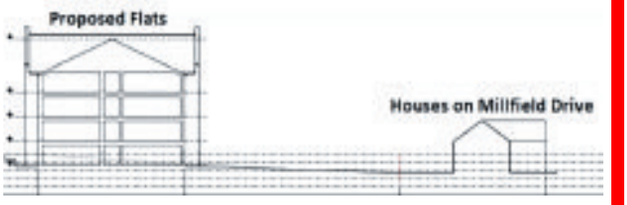
Hafod Housing Association, a social housing landlord, have applied to:

- **DEMOLISH THE OLD SIXTH FORM BUILDING ON ABERTHIN ROAD**
- REPLACE IT WITH **48 SOCIAL RENTAL UNITS** made up of:
  - **5 three storey houses** and a
  - **4 storey block of flats**: 31 one-bed and 12 two-bed flats

WHY OBJECT?

- **THE DENSITY OF THE DEVELOPMENT** is considerably higher than outlined on the Local Development Plan which calls for 20 dwellings on this site, not 48 as proposed.
- **THE DEVELOPMENT'S SCALE AND CHARACTER** is not in keeping with the two storey houses immediately neighbouring the site or within the context of a rural town like Cowbridge. The block of flats will be **5m higher than the existing building and higher than the flyover.** It will tower over surrounding houses
- **INSUFFICIENT PARKING PROVISION** for the development and an inadequate assessment of the impact of additional traffic on Aberthin Road
- **LOSS OF AN HISTORIC BUILDING AND DESTRUCTION OF A YEW TREE.**



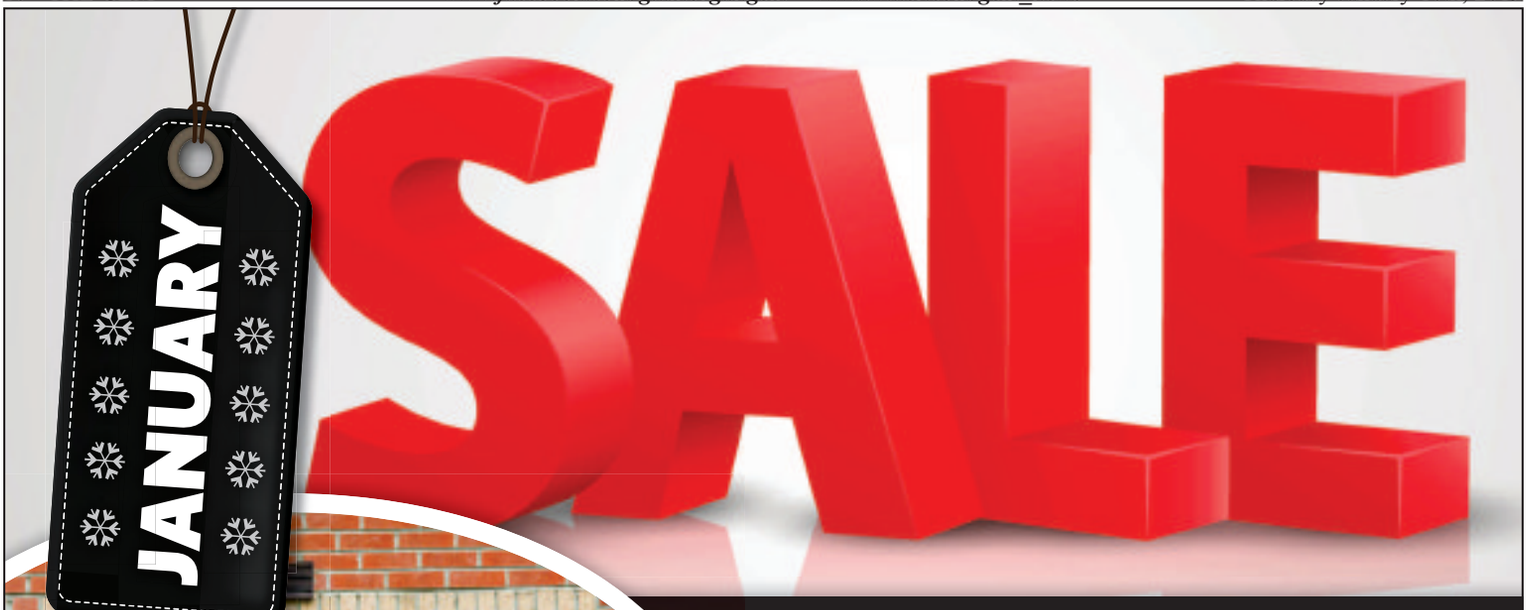


HOW TO OBJECT:

1. **OBJECT DIRECTLY TO THE PLANNING DEPARTMENT: DEADLINE 24TH JANUARY**
   By email: developmentcontrol@valeofglamorgan.gov.uk Quote ref 2018/01408/FUL
   By post: Head of Planning and Transportation, The Vale of Glamorgan Council, Civic Offices, Holton Road, Barry CF63 4RU
   Online: http://vogonline.planning-register.co.uk/plancomment.aspx?AppNo=2018/01408/FUL
2. **SIGN THE PETITION at www.change.org Search for 'Aberthin Road'**
   We will be also be in Cowbridge town from 10am-4pm on Saturday 12th and 19th of January if you wish to sign in person

e: oldsixthform@gmail.com
Old Sixth Form, Aberthin Road
@oldsixthform

Posted by Residents of Aberthin Road and Millfield Drive



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Bereavement service is launched by local hospice

A SPECIALIST bereavement service for families who are dealing with the grief of losing a child is being launched at Tŷ Hafan, thanks to a £20,000 grant from South Wales Freemasons.

Tŷ Hafan, based in Sully, offers support and care to life limited children, young people and their families throughout Wales.

The grant from South Wales Freemasons comes through the Masonic Charitable Foundation, funded by Freemasons and their families and friends across Wales and England.

The bereavement service will be based in a specially designed summer house near the hospice's memorial garden. Hannah Williams of Tŷ Hafan said: "It will allow us to extend the care and support that families so desperately need by creating an appropriate dedicated therapy space and recruiting a pool of experienced, specialist therapists who can offer a service based on individual need."

Robert Payne, the charity officer of South Wales Freemasons, said: "This is a hugely important project that will support people at their most vulnerable time."

Brad Watson's son Archie was referred to Tŷ Hafan in 2013 and died when he was two and a half.

He said: "As a father who has lost a child, it's not easy. Coupling a visit to the garden to remember, plus having the opportunity to talk in an environment where there is total comfort will be incredible for the wellbeing of those who need this."

AS

'Underweight' seal pup rescued from Vale beach

AN underweight seal pup, which, reportedly, was found exhausted and with an injury under its chin, was rescued from the beach between Aberthaw and Gileston just before Christmas.

The rescue took place on December 22 and the seal was then transferred to an animal charity centre in England that evening for a "period of rehabilitation".

Quilters' meeting

THE monthly meeting of Glamorgan Quilters takes place on January 12 at Ystradowen village hall from 10am – 2pm.

This month features members' demonstrations and a bring and buy 'stash' sale. Guests welcome for £5 charge. Why not try something new for 2019, we are a friendly, helpful and supportive group from all over Glamorgan with a common interest in quilting and sewing.

SS

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Eleven French bulldogs stolen from Barry house

Five of these dogs were stolen, but not the black one.

SOUTH Wales Police is appealing for information after a burglary in Barry in which 11 French bulldogs were stolen.

The burglary took place in Hillary Rise, Barry, on January 4, at around 9am.

Eleven French bulldogs were taken which included five adults and six puppies. The stolen dogs were three lilac and tan adults (one male and two female), one sandy coloured female adult, one white female adult, as well as three white puppies (one male and two female) and three lilac and tan puppies (one male and two female).

A blue Mercedes E220 convertible index number KV15 YYX was also stolen along with a large quantity of cash and two-high value watches.

The watches stolen were a stainless steel men's Cartier watch from the Ballon Blue de Cartier range and a stainless steel men's Hublot Big Bang Aero watch with a dark leather strap.

Detective Constable Stephen Jenkins said: "Needless to say the owners of these dogs are devastated.

"This is a heartless crime and we have concerns for the dogs' welfare.

"We are appealing for anyone who may have been offered any of the dogs or items for sale to come forward. Anyone with any information is urged to contact us via 101 quoting reference 1900004131 or you can call Crimestoppers anonymously on 0800 555 111."

Officers hope to collar those responsible for the theft.

'Master Mariner must be saved' say locals

REGULARS at the Master Mariner Public House have formed a campaign group in a bid to save the business.

Last week, The GEM reported that a Vale Council report said it could be demolished and replaced by flats or a GP surgery because SA Brain Ltd didn't believe it was a sustainable business.

The report was due to be considered at a Vale Cabinet meeting on Monday this week, but was deferred to a future meeting.

A 'Save the Master Mariner Committee' has been formed and supporters are holding a meeting this Thursday at 7pm.

They claim the council report was incorrect in saying it was difficult to make the business sustainable and had been "closed for several months".

A spokeswoman for the group said the business was viable, and went on: "The last time it was closed was in 2002. It reopened in 2005 and has not shut its doors for one day since. It has been open from 12 noon to 12 midnight seven days a week."

The spokeswoman said it provided a vital service for local people: "We have a Thursday club for people with learning difficulties which over time has built up from 10 people to around 40 people."

The pub also has skittles teams, pool teams and recently hosted a Christmas party for 80 children.

The spokeswoman added: "If the pub closed it would break the community's heart."

Local councillor Julie Aviet agreed that it was more than just a pub: "The Master Mariner is not just a local watering hole. It has become a community hub.

"In an area lacking in community facilities, the closure of the pub would tear the heart out of Gibbonsdown."

A spokesman for SA Brain told The GEM: "We will continue to offer our full support to our partners who are currently operating the Master Mariner and as with all of our pubs are looking at all possible ways to develop our business going forward. In this case we lease the site from the council and naturally are keeping closely in touch with them."

TC

Oodles of poodles!

MAX and Misha are six-year-old Standard Poodles, and are extremely playful and love to socialise with other dogs when out and about.

They came into the centre together, and the intention is to rehome them both to the same home.

They can be a bit bouncy at times, so children in the home will need to be 14 years and over. Max and Misha are loving and affectionate, and together they will be rewarding additions to your home.

Canine carers Robyn and Jo said: "Max and Misha are a joy to take out and about as they love meeting new friends. They certainly brighten up your home."

For more information, visit www.dogstrust.org.uk.

Mayor's charity afternoon tea

THE Barry Town Mayor, Cllr Janice Charles, will be holding an afternoon tea and prosecco in the council chamber at Barry Town Council, 7 Gladstone Road, Barry, CF62 8NA (the annexe to the Memorial Hall and Theatre) on Tuesday, January 22, from 2pm until 4pm.

All proceeds are in aid of the Barry Army Cadets, Barry RAF Cadets, Barry Round Table and Barry Rotary Club.

Royal British Legion's tour for D-Day veterans

THE Royal British Legion has announced that in partnership with Arena Travel, they have chartered a ship: the MV Boudicca, to provide a fully funded tour for 300 D-Day veterans.

Each veteran is able to bring one carer who will also be fully funded.

The following link gives details of the planned event: www.rbl.org.uk/dday75.

The participant or the carer need not be a member of the Legion and further details can be obtained from Teresa Goodwin,Royal British Legion, Barry, Poppy Appeal and vice chair on 01446 751656 or 07340 220904.

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News in brief

AM's surgery

AM Jane Hutt will be holding an advice surgery on Saturday, January 12 at the Citizen's Advice Offices, 119 Broad Street, Barry, CF62 7TZ between 10am and 11am.

Blue Monday with FAN

CHEER yourself up on Blue Monday (January 14) by having free cake and a hot drink at our friends and neighbours group in Palmerston Community Learning Centre.

We meet every Monday afternoon in term time at 2pm for one hour to share stories about our everyday lives and discuss thoughts on a weekly topic. You do not have to book and there is no charge. Everybody, whether you live in Palmerston, Penarth or Pontypridd Road, is welcome.

Email carolinefan2018@gmail.com for further information.

For all the latest news - **glamorgan-gem.co.uk**

Rwandan genocide survivor to speak on Holocaust Memorial Day

BRIDGEND County Borough Council (BCBC) will again mark Holocaust Memorial Day with an event to remember the victims and survivors of the Holocaust in which some six million Jews were murdered, and subsequent genocides.

These include Cambodia, Darfur, Bosnia, of the Yazidis, Bangladesh, Tibet, the Isaaq genocide, and Indonesia.

In partnership with Bridgend College, the event will take place at the Sony Theatre, Bridgend on Wednesday, January 23 at 10.30am.

BCBC will welcome special guest Jean-Paul Samputu, survivor of the 1994 genocide against the Tutsi in Rwanda, who will speak about his personal experiences of losing his parents and three siblings during the genocide.

M. Samputu travels the world as a cultural ambassador for Rwanda, communicating African singing, dancing, drumming and a message of peace, hope, forgiveness, reconciliation and love.

Up to 100 spaces are available for members of the public to attend the event, but places must be pre-booked on a first-come, first-served basis by emailing marketing@bridgend.gov.uk or calling 01656 815322 before the deadline of Monday, January 14.

Parking for attendees is limited at the venue, so parking in the town centre or nearby car parks is advised. However, those with accessibility issues should provide this information when booking on to the event so a car parking space can be provided.

21x3

THE VALE OF GLAMORGAN COUNCIL
CYNGOR BRO MORGANNWG
Planning (Listed Buildings and Conservation Areas) Act, 1990
Town and Country Planning (Development Management Procedure) (Wales) Order 2012

Listed Building Consent / Caniatâd Adeilad Rhestredig

Application No:/Rhif y cais:	2018/01311/LBC
Proposal:/Cynnig:	To re-build a small section of boundary wall (approx 1.6msq)
Location:/Lleoliad:	Chantry House, Burial Lane, Llantwit Major
Listed Building:/Adeilad Rhestredig	Grade II
Application No:/Rhif y cais:	2018/01352/LBC
Proposal:/Cynnig:	Change of canopy and additional sign
Location:/Lleoliad:	29, High Street, Cowbridge
Listed Building:/Adeilad Rhestredig	Grade II

Application(s) of General Interest / Ceisiadau o Ddiddordeb Cyffredinol

Application No:/Rhif y cais:	2018/01317/FUL
Proposal:/Cynnig:	Construction of six portal framed buildings and associated roads, division of buildings to form 43 light industrial units
Location:/Lleoliad:	Spider Camp, Hayes Lane, Sully
Application No:/Rhif y cais:	2018/01358/FUL
Proposal:/Cynnig:	Change of use, conversion and alterations to the Goods Sheds to provide a mixed use scheme comprising 11 live-work units (sui generis/ Class C3 use), restaurant (Class A3 use), technology hub/community workshop (Class A1, A2, B1 and/or D1 use) and flexible events space (Class A1, A2, A3 and/or D1 use), erection of entrepreneurial incubator business units not exceeding 68 units (converted shipping containers) (Class A1, A3, B1, D1 and/or D2 use), drive-thru coffee shop (Class A3), outdoor cinema (Class D2), farmers market/pop-up street food area (Class A1 and/or Class A3), children's playground (Class D2), access and servicing arrangements, car parking and associated works.
Location:/Lleoliad:	The Goods Shed, Hood Road, The Innovation Quarter, Barry
Application No:/Rhif y cais:	2018/01383/FUL
Proposal:/Cynnig:	Proposed demolition of existing church and hall; development of 31 flats and associated works
Location:/Lleoliad:	St. Pauls Church and Hall, St. Pauls Avenue, Barry
Application No:/Rhif y cais:	2018/01408/FUL
Proposal:/Cynnig:	Proposed demolition of existing school, development of 48 dwellings (43 flats and five houses) and associated works
Location:/Lleoliad:	Former Cowbridge Comprehensive School, Aberthin Road, Cowbridge
Application No:/Rhif y cais:	2018/01420/FUL
Proposal:/Cynnig:	Demolition of the former garage and erection of a 4-storey building comprising 21 residential units with under croft parking, access arrangements, and associated works
Location:/Lleoliad:	56a, Windsor Road, Penarth (Former Monty Smith Ltd)
Application No:/Rhif y cais:	2018/01421/OUT
Proposal:/Cynnig:	Outline planning application for residential development (up to 17 units) and all associated works at land to the north of Heol Y Pentir, Rhoose (all matters reserved).
Location:/Lleoliad:	Land to the North of Heol Y Pentir, Rhoose

Details may be inspected for 21 days at the address given below, or via http://vogonline.planning-register.co.uk/
Dated / Dyddiedig: 10 January, 2019
V. L. Robinson
Operational Manager, Regeneration and Planning, Vale of Glamorgan Council, Dock Office, Barry. CF63 4RT

Gall manylion eu harchwilio am 21 diwrnod yn y cyfeiriad a roddir isod, neu drwy
http://vogonline.planning-register.co.uk/

Out & About with The GEM

Power struggle makes for a sublime piece of work in Lanthimos' The Favourite...

SCREEN TALK with GARETH JAMIESON

Follow him on Twitter - @GEMScreenTalk

YORGOS Lanthimos has built up a strong reputation for creating loose, out-there films that strike the right chords with cinemagoers.

From his debut *Dogtooth* in 2009, through to *The Lobster* and *The Killing Of A Sacred Deer*, Lanthimos' films have drawn plentiful praise, with his latest, *The Favourite*, generating plenty of awards chatter.

Olivia Colman plays Queen Anne, sat on the throne of England while it is at war with France. Frail and depressed, she leaves most of her governing to Lady Sarah (Rachel Weisz) who is also her carer and lover, but when Abigail (Emma Stone), a cousin of Sarah, arrives, she sees a way to inveigle her way into the Queen's affections, something Sarah is ready to nip in the bud by any means...

A tale of power and manipulation set against a period backdrop threatens to sound stuffy and overdramatic. Thankfully, in the hands of Yorgos Lanthimos, *The Favourite* is less an overstarched historical document, and more a playful, darkly comedic and, at times, sinister mood piece, a film that lays its idiosyncrasies bare and is all the better for it.

The film has all the visual hallmarks of period drama yet Lanthimos' use of lenses and visuals means that the film has a woozy, off-kilter style that marries to the tone perfectly, gritty and grounded yet often unsettling.

With duck races in the Queen's chambers or a naked man being pelted with oranges in slow-motion, Lanthimos' film certainly isn't the straightforward affair you might expect, but benefits greatly from its offbeat nature.

What he is smart enough to do is not allow the stylistic flourishes to overshadow the story itself, and the three-way power struggle that plays out over the course of the two hours is an incredible thing to watch, especially with such indelible performances at the centre of it.

This is a story where all three participants are both in control and yet not, and watching their entanglements and their desire for power and control (or, in some cases, simple comfort) makes for thrilling, if disquieting, viewing.

All three central characters are not what you would class as likeable, yet through their foibles and desires, we see beneath their thirst for power and glimpse the humanity underneath.

For Queen Anne, a life of loss, illness and depression has created a vacuum that someone needs to fill (her heartbreaking reason for keeping 17 rabbits is an emotional thump). For Lady Sarah, being the power behind the throne suits her perfectly but when stakes are raised that affect her own life, her need for control becomes more stronger, while Abigail's fall from grace lends her a steel and resolve that won't allow her to ever stumble again, no matter who gets in the way.

The performances bring these characters to life exceptionally well. Emma Stone and Rachel Weisz have arguably the showier performances, but there is real depth and nuance to their turns that are wonderful to watch.

Weisz's performance as the flinty and seemingly-untouchable hand to the Queen is chillingly blunt, yet shows the emotional impact of seeing her friend and lover being wooed by Abigail, while Stone (and a near-impeccable English accent) is superb as she manipulates and cleverly works her way up the ladder to the Queen's affections.

It is Olivia Colman who, with a less grandstanding role, is perhaps the standout here. Her Queen Anne is a complex character, full of emotional baggage and a lack of self-belief, happy to acquiesce to others, and Colman brings her to life with a mesmeric turn that runs the gamut from hilarious through to emotionally fragile with seamless flair.

Around them is a cast full of strong turns, most notably Nicholas Hoult as Harley, the leader of the opposition with a neat line in pithy put-downs and determined to curry favour no matter what.

If the film does threaten to run out of steam towards its climax, the post-script of events lacking the humour and smart manipulations of what has gone before, then Lanthimos at least ends the film on a note that lingers.

Along with a script that has some razor-sharp lines, *The Favourite* is a wholly compelling piece of work, a film that is a powerful study of human needs and desires and the corroding influence of power.

VERDICT: Another weird, darkly comic and ultimately mesmerising film from Yorgos Lanthimos, *The Favourite* sees three superb actors – Rachel Weisz, Emma Stone and, perhaps most impressive of all, Olivia Colman – at the top of their game in a story of emotional frailty, power and manipulation. Lent a visual feel that is gloriously irreverent and in keeping with the tone of the piece, this is a hugely impressive work. *Essential viewing*.

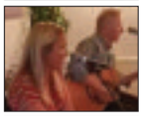
SEE THIS IF YOU LIKED: *The Lobster* (2015), *What Ever Happened to Baby Jane*? (1962).

TEN11 TEN11

Entertainment this January

Friday 11th January
Beth Zienna

Saturday 12th January
Kate Jones


Friday 18th January
Mark Sheppard

Saturday 19th January 8pm - 10pm
Peter Mortimer and Laura Dodd

Saturday 19th January 10pm - 1am
Debyanne and the Doctor

Friday 25th January
The Point

Saturday 26th January
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'Dementia friendly' concerts at The Memo

THE Memo Arts Centre in Barry is putting on a new series of matinee concerts, 'Concerts and Cakes, which will be fully accessible for people living with dementia and their carers.

The first concert is on Wednesday, January 16 at 1.30pm (doors open at 1pm) featuring harpist Llewellyn Ifan Jones.

Tickets for those living with dementia are just £1, and carers go free. The concerts are also open to those who would enjoy an afternoon of live music, and those tickets are £5. All tickets include either a tea or coffee with a slice of cake.

Further concerts include: January 30, John Nicholas (singer/songwriter/acoustic guitar); February 13, Olivia Gomez (mezzo) and Ben Pinnow (pianist); February 27, The Bute Clarinet Quintet.

For all the latest news from your area - **glamorgan-gem.co.uk**

What's on and where - in brief

Photographic exhibition

AN exhibition of photographs by members of the Vale Photographic Club is now on show at Old Hall, Cowbridge until the end of January 2019.

Come try out the choir

A Barry Male Voice Choir taster evening will take place on Monday, January 14 at West End Social Club at 7.30pm; the address is 54 St Nicholas Road, Barry (CF62 6QY).

This is a chance to find out more about singing and enjoy a relaxed friendly evening with a buffet and pint. For more information call 07790 552565 or look at www.barrymalevoicechoir.co.uk.

Parkinson's drop-in

THE next meeting of the Llantwit Major Parkinson's drop-in cafe will be on Wednesday, January 16 in Llantonian Hall from 1.30pm-3.30pm and thereafter every third Wednesday of the month.

All are welcome to join us for a cuppa and a chat. Further information from Martin Simmonds on 01446 796310.

Penarth Civic Society

FOLLOWING on from the cheese and wine evening last year Alan Thorne will be giving part two of 'What Penarth Has Lost'.

As well as buildings and features that he did not get to last time, Alan will be concentrating on what has been lost as a result of social change. When asked what he was going to cover his list included Dick Barton, American limousines, working horses, and a very funny story about American balloons, which you will have to come along to hear!

The meeting is on Thursday, January 17 at 7.30pm at All Saints' Lesser Hall; entry is free to members, £2 to non-members. No cheese and wine this time, but we are hoping to repeat that event later in the year.

PACT meetings

WHY not come along to Gibbonsdown 'Cuppa with a Copper' held every Monday morning at the Aberaeron HUB, Aberaeron Close between 10am and 12 noon.

Buttrills PACT on Thursday, January 10 at 6.30pm at the Corporate Suite, Vale of Glamorgan Civic Offices.

A police surgery will be held at Llantwit Major Library on Tuesday, January 15 between 10.30am and 11.30am.

Coffee & Chat will be held at the Lamb & Flag, Wick at 11am on Tuesday, January 22.

Lift Group meets

THE Lift Group offers friendship and support to those affected by breast cancer.

We meet in a family home in Cowbridge once a fortnight, either between 10am and 1pm for relaxation therapies and coffee, or 2pm to 4pm for other activities such as speakers or trips out. Come and join us, bring a friend, for friendly, supportive and confidential get-togethers.

If you know anyone who might benefit from this group, please call Anne on 01446 772843 or Judith on 01446 794176. We look forward to seeing you.

Community Cinema returns

DINAS Powys Community Cinema's new season starts on Saturday, January 12 with *Peterloo*.

The film tells the story of the Peterloo Massacre in Manchester, when government forces charged into a huge workers' rights protest in 1819.

Director Mike Leigh directs this account of a relatively unknown but very important event in British history.

The Dinas Powys cinema's spring programme also includes *Mamma Mia! Here We Go Again* February 9) and *A Star is Born* (March 9). The volunteer-run cinema can be found at the Murchfield Community Centre, Sunnycroft Lane, Dinas Powys (CF64 4QQ). There is a licensed bar with ice creams and other refreshments also on sale at all screenings.

Doors open 6.30pm for a 7pm start, all tickets are £4.50. They are available on the door, or can be purchased in advance from the DPVC office at the rear of the Community Centre (weekday mornings) or online: *www.ticketline.co.uk/murchfieldcommunity centre.*

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Health Beauty & fitness

New Pilates class

A new Pilates class for beginners starts in Barry on Thursday, January 24 at 12.30pm and is suitable for complete beginners and those with a little experience of Pilates.

The course lasts for six weeks and costs £49.

Pilates builds core strength and helps improve posture using low impact stretching and conditioning exercises. Pilates can help you to increase your flexibility, strengthen, and improve muscle tone, core and pelvic floor strength.

However, Pilates works far more than your core muscles, providing you with a full body workout. You feel muscles working that you didn't even know you had!

Exercises are performed on the mat, with everyone working at their own pace. Classes are led by Sharon, an experienced, qualified teacher who loves to see people at the end of a class looking relaxed and refreshed.

The classes are held at St Nicholas Hall, Barry, CF62 6QX on Mondays at 9.15am, 10.30am and 11.35am; Thursdays at 9am, 10am and 11.15am and Fridays at 7pm.

To secure your place in the new class or for information about other classes, contact Sharon on 07830 085606 or email sharonpilates@hotmail.com.

Barry Pilates Classes
Mondays 9.15am, 10.30am & 11.35am
Thursdays 9am, 10am & 11.15am
& Fridays 7pm
At St Nicholas Hall, Barry
New Beginners Pilates Course
Starts Thursday 24th January 12.30pm
To book: Sharon 07830 085606
sharonpilates@hotmail.com

Improve your health this New Year

THESE suggestions from the British Nutrition Foundation won't hurt but will make 2019 healthier, says Lisa Salmon.

If you've over-indulged at Christmas, you may be thinking now is the time to make a few changes to your diet and lifestyle to herald a healthy 2019.

But if you know a crash diet, alcohol-free Dry January and punishing exercise regime is destined to fail, the British Nutrition Foundation (BNF) has come up with a far easier and more sustainable plan.

Its Try, Swap, Change weekly planner aims to help resolutions stick through 15 easy-to-follow healthy diet and lifestyle suggestions.

Each week you choose three or more of the suggestions, which involve trying something new, swapping old habits for better ones, and changing small parts of your daily routine, and the idea is that by focusing on smaller areas where you can make sustainable changes, you'll be able to lead a healthier lifestyle long term - not just for the first few weeks of January.

The planner can be personalised to help you focus on achieving individual goals, such as reducing sugar or becoming more active, and it's colour-coded to highlight six areas that are key to improving diet and lifestyle.

Green = fruit and vegetables: make sure you get your five a day.

Yellow = wholegrains: The majority of people are below the recommended intakes for fibre.

Red = physical activity: Getting active burns calories, helps improve fitness and may help improve sleep and reduce stress.

Orange = helpful habits: Lifestyle changes such as eating more slowly.

CONTINUED ON PAGE 17

Treat your skin well with FACE

FACE Clinic is an advanced Aesthetic Skin and Beauty Clinic established for 30 years, which has won many awards, being one of the top clinics.

They offer a wide range of effective anti-ageing, skin and beauty treatments; tailoring treatment to suit our clients' needs, taking care to satisfy our clients to achieve the best result. They are close to their clients and offer a personal service.

They pride themselves on long term relationships with their clients by offering the top professional advice, through a friendly one-to-one relationship; offering the latest state-of-the-art treatments; they are passionate about what they have to offer and offer a free consultation for all treatments, with no obligation to purchase.

Call them for a friendly consultation, so we can see how we can help you to look great and to feel great.

Face Clinic at 02920 226066.

Studio Viva Fitness - Join now and pay nothing for January!

WANT to get fit, lose weight or be healthier in 2019?

Then come and take a look at Studio Viva Ladies Fitness in Cowbridge. We provide fitness solutions for real women, from teenagers to those keeping active later in life.

We understand the many challenges women face in life, from work, to kids, to lack of time and the constant pressure of media images telling us we must look a certain way.

Studio Viva is about more than just fitness… feeling good, being healthy, social interaction and a friendly, encouraging environment are also hugely important. Our aim is to make you feel comfortable, inspired and supported. We truly are a gym for all women, whatever their age, size or ability.

So, if you think you don't like going to a gym, we offer something completely different – no floor to ceiling mirrors; no men; no Lycra; no pressure.

Easy-to-use machines designed for women; 30-minute machine circuit that can fit in anytime that suits you; friendly atmosphere with lots of interaction and chat; in a stylish studio environment with attentive, supportive staff always on hand; with sparkling clean equipment and surroundings.

Find us at 1 Westgate, Cowbridge, above Marley's Barbers.

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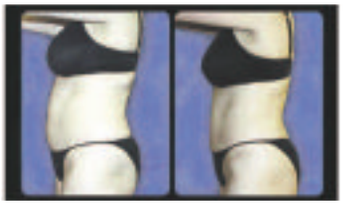

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Tel: 01446 679919 www.studiovivafitness.co.uk

Health Beauty & fitness

A new year could mean a new you!

CONTINUED FROM PAGE 16

Blue = protein: To boost plant protein and include fish your diet.

Pink = lower salt, sugar and saturated fat.

The BNF explains that people can choose what's best suited to them - so if you want to focus on upping your fruit and veg intake, start your weekly planner by choosing green suggestions, or if you fancy eating healthier proteins, begin the year by taking on the blue challenges.

Try new goals each week, to help you turn the lifestyle changes into long-term habits.

Sara Stanner, the BNF's science director, says: "Many of us start the New Year with great ambitions to eat better and be more active, but these resolutions may falter after just a few weeks or months.

"Finding behaviours that work for you is key to making sure that short-term changes become long-term habits and part of the daily routine. However, many people find it difficult to know where to start - let alone how to keep up the good health initiatives long-term.

"The Try, Swap, Change planner has been developed by BNF nutrition scientists to provide a practical guide to help people put their New Year's resolutions into action, but also to provide an extra motivator for keeping things going longer-term. It's a great feeling at the end of each day to tick off completed challenges and, in turn, the goals you've started to achieve."

The Try, Swap, Change suggestions

1. Eat the rainbow (green)

Eat at least 3 different coloured fruit and vegetables.

2. Get plant-based (blue)

Incorporate some plant-based protein into your day, e.g. beans, peas, lentils, tofu, nuts or seeds.

3. Go Slow (orange)

Try eating more slowly and enjoying your food - eating more slowly can give your body time to realise it's full.

4. Grab some grains (yellow)

Try a new wholegrain food, e.g. wholemeal breads (why not try wholemeal pitta, wraps and bagels?), brown rice, oats, barley, quinoa, buckwheat, wholegrain spelt pasta, bulgur wheat or plain popcorn.

5. Screen breaks (orange)

Try to reduce your seated screen time, such as time spent watching TV or on the computer. Set yourself a challenge, e.g. only one hour of seated screen time a day, or halving the time you'd usually spend each day and stick to it.

Swap

6. Wake up with fibre (yellow)

Swap your usual breakfast/morning foods for higher fibre versions.

7. Get fruity! (green)

Have a variety of fruit and vegetables instead of your usual snacks.

8. Move more (red)

Swap your usual routine - add an extra 10 minutes of activity, e.g. walking, swimming or weights, each day.

9. Fish in a dish (blue)

Up your fish intake - try to eat two portions or more this week, one of which should be an oily fish such as salmon, sardines, kippers, whitebait, mackerel, trout, herring, pilchards or fresh tuna.

10. Snack attack (pink)

Swap snacks high in saturates, sugar or salt such as crisps, chocolate and sweets for fruit, vegetables, plain yogurt, nuts or seeds.

CONTINUED ON PAGE 18

Dental implants are the 'ideal solution' for many

THE number one reason is that they look and feel like natural teeth.

You will have no difficulty eating and chewing, and as a result you feel confident eating out in public again.

Dental implants are the ideal solution for many people. We've helped people who have had missing teeth, from one to all of them, loose fitting dentures, loose teeth caused by an accident or lost teeth caused by gum disease.

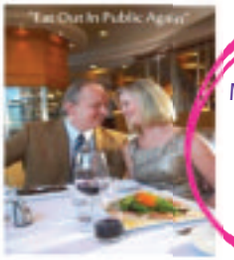
At Advanced dental we are passionate about providing a fully personalised service and restoring not only the teeth of our patients but their confidence in their appearance.

For more information visit PainFreeDentistCardiff.co.uk or call 01446 488659 (24 hours a day).

Embarrassed by your dentures or missing teeth?

Are you struggling to eat food you love?

Do your dentures make you gag or fall out?



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Advance Dental Care, Lakin Drive, Barry, CF62 8AS
Andrew Nourish BDS GDC 74345.
Advance Dental Care is a mixed dental practice. * says Rob Evans, Newport

advance dental care
the home of calm and caring dentistry

We are a family orientated professional gymnastic club based in Barry.

For all those girls and boys out there who are 4 to 16, Rhythmic at the Academy have Foundation sessions for all age groups - you are never too old to start a new hobby or lifestyle and all levels of ability can be accommodated. Additional needs supported.

Get in touch for session information and to take us up on our January free taster offer so you can see for yourself.

JANUARY OFFER
One FREE session, FREE training top worth £10 to be worn at training and NO JOINING FEE when signing up.

All classes are run from Holm View Leisure Centre, Barry.

Contact us via our FB page Rhythmic at the Academy or email: rhythmic@theacademywales.co.uk or text Claire on 07500 863422

Rhythmic Gymnastics Classes

New Beginnings	3-4 years	Wed 4-5.30pm & Saturday 2-3.30pm
Foundation 1	5-6 years	Mon,Wed,Fri 4.-5.30pm & Sunday 9-10.30am
Foundation 2	6-7 years	Mon,Wed 4.-5.30pm, Fri 4.30 - 6 & Sunday 9-10.30am
Intermediate 1	7-8 years	Wed,Fri 4.30-6pm, Fri 4-5.30pm
Intermediate 2	8 years +	Wed,Fri 4.30-6pm

General/Artistic Gymnastics & Additional Needs Classes

Additional Needs	all ages boys & girls	Sat 2-3.00pm
General Gymnastics	all ages boys & girls	Sat 3-4.00pm

British Gymnastics

Gentle Sole Reflexology

DUOPODY Reflexology is a unique technique in which both feet (the micro system) are treated concurrently, reflecting each organ within 14 featured systems of the body (the macro system).

This alternative therapy was founded by the ancient Egyptians. Theory says that Reflexology encourages nerve innervation and blood flow to compromised areas of the human body, in order to support the body's natural rebalancing ability – homeostasis.

David Parry-Steer has lived in St Fagan's for the past five years, and has spent many years as a City & Guilds tutor and coach at a FTSE 100 company in Cardiff. Recently, and in a total change of career, he qualified as a Level 5 Clinical Duopody Reflexologist and is now delighted to be able to offer Reflexology treatments from his home and at Dinas Powys Medical Centre.

David has treated numerous clients in south Wales, and for a varied rand of ailments. While Reflexology doesn't claim to cure or diagnose, it does have a remarkable ability to uncover physical and emotional issues – those that men and women carry around as they go about living their often hectic lives. for example, one may have a painful shoulder or a sensitive digestive system, but what emotional imbalance is causing this physical response?

Reflexology is not about identifying illnesses: consider it more about 're-balance'. It has a definite function as a conduit to experiencing total relaxation and detachment from any busy schedule. David commented recently that in his experience, Reflexology is extremely effective as an aid to reducing stress and improving sleeping patterns.

Reflexology appointments are available with David at his clinic in St Fagan's, or each Friday at Dinas Powys Medical Centre. Home visits can be arranged. For all appointments, contact David on 07792 644511 or via www.gentlesole.co.uk.

GENTLE SOLE
REFLEXOLOGY

Duopody Reflexology is a technique in which both feet are treated simultaneously, reflecting 4 systems of the body.

Treatments encourage nerve innervation and blood flow to compromised areas of the body to support the body's natural rebalancing ability.

Reflexology is able to uncover physical and emotional issues – those that people carry around as they go about their hectic lives. One may have a painful shoulder or a sensitive digestive system, but what emotional imbalance is causing this physical response?

Reflexology is a conduit to experiencing relaxation and detachment from a busy schedule; it is an effective aid to reducing stress and improving sleep patterns.

Appointments are available Fridays at Dinas Powys Medical Centre. First Floor, Murch Road, Dinas Powys, CF64 4RE.

Contact David Parry-Steer on
07792 644511
or via www.gentlesole.co.uk

Health Beauty & fitness

Glamorgan Slimming World Consultants are worth their weight in gold, says TV host

LEFT:
Slimming World consultants meet singer and presenter Rylan Clark-Neal: Helen Bevan, Sophie Williams, Scott Hawkins.

AS Slimming World enters its 50th year, a group of Slimming World consultants from Glamorgan are celebrating half a century of success for the organisation by meeting TV personality and presenter Rylan Clark-Neal.

Rylan, who shot to fame after appearing on hit show The X-Factor, co-hosted the annual Slimming World Awards with the organisation's founder and chair Margaret Miles-Bramwell OBE. Margaret opened her first Slimming World group in 1969 and over the last 50 years the business has grown to become the UK's leading group-based weight-management organisation, today supporting nearly 1 million slimmers.

The team, who run Slimming World groups in Glamorgan, were delighted to get a chance to cuddle up to Rylan. Helen Bevan said meeting the TV host was a wonderful way to round off a great year for Slimming World, as well as a brilliant way to lead into 2019 — Slimming World's Golden Year: "I couldn't be more proud of our members. Not only have they lost fantastic amounts of weight throughout 2018 – with many of them hitting their target weights – they've also improved their health, boosted their confidence and are heading into 2019 with new healthy habits that will stay with them for life.

"Watching people change before my eyes and start being able to do things that they didn't think were possible before losing weight absolutely amazes me. Every week I feel privileged to play even a small part in people's achievements and to celebrate with them, so I felt especially honoured to represent our Slimming World groups at the Slimming World Awards. Rylan was blown away by the difference Slimming World makes to people's lives too."

Rylan, who is now a seasoned presenter having appeared on *This Morning* and Channel 5's *Big Brother's Little Brother*, said he was thrilled to be invited to host the awards ceremony, which was held at Birmingham's International Convention Centre. He said: "I met so many people who had lost incredible amounts of weight and made a huge difference to their lives. While the stories I heard were obviously very personal, the one thing they all had in common was how much support they received from their 'Slimming World family' and how so many of them were achieving their dreams.

"Every one of them spoke passionately about how they couldn't have made those changes to eat more healthily and become more active without the support of their consultant and group every week. It's clear that the people who run the groups each week are worth their weight in gold."

Mondays 5.30pm
Cadoxton Moors Community Centre, Rear of Edmond Place, Cardiff Road, Barry
Karl 07411 621866

Mondays 5.30pm and 7.30pm
Celtic Way Community Centre, Rhoose
Helen 01446 750738/ 07968 355119

Mondays 5.30pm and 7.30pm
Elfed Avenue United Church, Elfed Avenue, Penarth, Vale of Glamorgan, CF64 3LX
Martin - 07444 374377

Tuesdays 5.30pm
Gladstone Primary School, Gladstone Road, Barry
Sarah 07917 881220

Tuesdays 9.30am, 11.30am, 5.30pm & 7.30pm
Parish of Our Lady & St Illtyd, (Catholic Church), Ham Lane East, Llantwit Major
Helen 01446 750738/ 07968 355119

Tuesdays 6.30pm
The Old School, South Road, Sully CF64 5TG
Nicola 07951 510871

Wednesdays 5.00pm
All Saints Church Hall, Victoria Square, Penarth
Julia 07718 284171

Wednesdays 4.45pm and 6.45pm
St Francis Millennium Centre, Park Road, Porth-Y-Castell, Barry
Annamarie 07837 497523

Wednesday 3.30pm, 5.30pm, and 7.30pm
Bridgend Deaf Club, Coychurch Road, Bridgend
Helen 07714 170908

Wednesdays 5.30pm and 7.30pm
5th Barry Sea Scout Hall, Everard Street, Barry.
Karl 07411 621866

Wednesdays 5.30pm and 7.30pm
Butrill's Community Centre North Walk, Barry
Sarah - 07917 881220

Wednesdays 9.30am and 11.30am
All Saint's Church Hall, Victoria Square, Penarth Vale of Glamorgan CF64 3EH
Karl - 07411 621866

Thursdays 5.30pm and 7.30pm
The Cabin Next To Swim Pool, Hebron Hall, Cross Common Road, Dinas Powys CF64 4YB
Renae 07495 208966

Thursdays 8.00am, 10.00am, 12.00pm, 3.30pm, 5.30pm, 7.30pm
Sarn & Bryncwlis Social Club, Bryncoch Road, Sarn
Scott 07498 780419

Thursdays 5.30pm
Highlight Park Community Centre, Barry
Annamarie 07837 497523

Thursdays 9.30am and 11.30am
Memorial Hall, Cenotaph Entrance, Gladstone Road, Barry
Nicola 07951 510871

Thursdays 5.30pm
St. Davids Church Hall, Wimbourne Road, Pencoed
Donna 07790 797008

Thursdays 9.30am
Nolton Church Hall, Merthyr Mawr Road, Bridgend
Donna 07790 797008

Friday 9.30 and 11.30am
The Cabin next to Swim Pool, Hebron Hall, Cross Common Road, Dinas Powys, South Glamorgan CF64 4YB
Renae - 07495 208966

Saturdays 9.30am
The Gathering Place, Flemingston Road, St Athan
Helen 07968 355119

Saturday 9.30am
Cwm Talwg Community Centre, Cwm Parc, Barry
Vicky 07957 958900

Saturdays 7.30, 9.30 and 11.30
Colcot Community Centre, Keats Way, Barry
Martin - 07444 374377

Saturdays 8am and 10am
All Saint's Church Hall, Victoria Square, Penarth Vale of Glamorgan CF64 3EH
Julia - 07718 284171

slimmingworld.co.uk
0344 897 8000
Slimming World

Offering a special dis-

LOCAL Master of Osteopathy, Rob, opened a clinic in Barry in January 2017 for all your aches and pains.

Osteopathy is a system of diagnosis and treatment that takes the whole body and situation into account – whole body mechanics, work/rest balance, pregnancies, emotional difficulties, office set up, hobbies and sports played, etc.

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In pain? Treatment is suitable for all ages; give Rob a call or book online and quote 'The GEM' for a special discount off your first consultation.

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Contact
HighlightOsteopaths.co.uk
02921 286 706
RobTheOsteopath@gmail.com
Practice address: 31 Lakin Drive, Barry, CF62 8AH

Easy changes to help make you happier and healthier

CONTINUED FROM PAGE 17

Change

11. Move it, shake it (red)

Find a new way to move: dust off the bike, head to your local pool or park or try some online yoga or movement videos at home. Or try your local climbing wall, kayak/rowing club or community garden.

12. Pledge more veg (green)

Fill half of your plate at lunch or dinner with salad or vegetables.

13. You're sweet enough (pink)

Stop or cut down on drinking sugary soft drinks or adding sugar to drinks.

14. A little extra (green)

Add one extra portion of fruit, vegetables, beans or lentils (roughly the amount which fits into a cupped hand) into one of your meals.

15. Slow down on salt (pink)

Check food labels for low or reduced salt options and when cooking at home use herbs and spices for flavour instead.

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Health Beauty & fitness

LEFT: Start 2019 as you mean to go on! Get in touch with Linda Norman (advert below). Special offer on boot camp – six sessions for just £24!

BACK ON TRACK
BOOT CAMP, REBOUND and ZUMBA CLASSES

MONDAY Ysgol Dewi Sant Welsh School.
Top of Ham Lane, Llantwit Major
REBOUND 6.15 pm and ZUMBA at 7 pm

TUESDAY St Athan Community Centre
ZUMBA at 7pm and BOOT CAMP CIRCUITS at 8.10pm

WEDNESDAY Ysgol Dewi Sant Welsh School
Top of Ham Lane, Llantwit Major
BOOT CAMP CIRCUITS at 6.30 pm

For more information contact Linda on 07964 359 362
Due to demand your rebounder must be booked in advance

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Tel 01446 735395 email: porthkerrydental@btconnect.com
www.porthkerrydental.co.uk

Dental Implants at Porthkerry Dental Centre

If you are thinking about getting a dental implant, or perhaps you have already made the decision to have one placed, come and have a free professional consultation at Porthkerry Dental Centre.

To some, just the thought of having an implant surgically placed in their mouth can be very intimidating and scary.

It does not have to be. Your initial free consultation will allow Dr Joynson to judge if you are a suitable candidate for dental implants, through a clinical examination to assess your gum and bone health, and also your general medical health.

If you have a missing tooth or teeth, there are a number of options, however, in many cases the best possible option can be dental implants.

A dental implant acts like a replacement tooth root, as a titanium metal fixture is placed into the jawbone and is used to support one or more false teeth. After the implants have been fitted and have healed in place, dentures, crowns or bridges can be attached to them.

When dentures are held in place by implants they do not slip around. If crowns or bridges are fitted on implants they act like normal teeth.

Dental implants can restore proper chewing function so you can enjoy foods previously too difficult to eat.

You feel confident that your implanted teeth won't move or feel loose.

Owain Joynson has been placing dental implants since 2009 and has attained the Diploma in Implant Dentistry from the Royal College of Surgery, Edinburgh.

To book your free consultation contact us by telephone on 01446 735395 or by email at porthkerrydental@btconnect.com www.porthkerrydental@btconnect.com.

Give you skin a treat with Charlotte...

CHARLOTTE Wilkey is a qualified Beauty Therapist NVQ Level 2 and 3 with over 15 years experience in the industry.

She has recently specialised in non-surgical facial enhancements with the world leader Caci International and has opened her own treatment room in Poundfield, Llantwit Major.

Caci International is an award winning company with expertise in the beauty industry that spans two decades and supplies to over 10,000 of the worlds leading beauty salons, health clubs and spas.

Caci is a supplier of non invasive aesthetic treatments which truly deliver visible and corrective results without the risks involved with surgery or invasive procedures. The dramatic results achieved using its exclusive technologies has generated huge demand for Caci treatments and attracted an impressive celebrity following.

Charlotte offers the Caci Synergy range, the newest on the market which has introduced SPED led technology alongside the use of microcurrent. The use of SPED increases the effectiveness of the treatments by

up to 70 per cent than just using microcurrent alone as with the Caci Ultimate and Ultra machines.

The treatments offered are tailored to each individual needs, based on clients' requirements and desired outcome. Treatments cover a variety of skin conditions, such as muscle tone (including the jowl area),lines and wrinkles, acne/blemished skin, dull and tired skin, dehydrated and dropping/hooded eyelids.

For more information or for a free consultation, please contact Charlotte on 07423289754 or email at charlottewilkey@yahoo.com.

Do you struggle to reach your feet?

RS Podiatry is a well-established Podiatry and Chiropody practice, based at Highlight Park Medical Practice in Barry.

Rebecca is fully qualified, having gained a BSc (Hons) degree in university and she is a trusted member of The Society of Chiropodists and Podiatrists, and The Health Care Professions Council.

At RS Podiatry, our services are available to all ages, from children to the elderly – whether for the treatment or diagnosis of a specific foot condition, to simple nail cutting.

We specialise in the treatment of nervous patients and can accommodate patients with impaired mobility.

At RS Podiatry, we offer a warm, friendly, professional service in a clean, clinical environment at affordable prices.

For more information, or to book an appointment, please call 01446 734064.

Low-cost nail-cutting service is now available

AGE Connects Cardiff & Vale provide a low-cost nail-cutting service to provide basic foot care services to older people in the local community.

We work from clinics throughout Cardiff and the Vale, with our St Athan clinic now running fortnightly, and a new clinic in Penarth, at Trinity Church.

The service is provided by our nail-cutting assistants who are trained by the Cardiff & Vale University health board.

There are no age restrictions and the service is available to anyone who is unable to cut their own toe nails (certain health restrictions apply) at a cost of only £13 per session.

For further information call 02922 331113.

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TREAT YOUR FEET
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Rebecca Skinner BSc (Hons) MChS
HCPC Registered Podiatrist / Chiropodist
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Be watchful - the Mari Lwyd is on the prowl

THE Mari Lwyd will be on tour of some of the Cowbridge pubs on Friday, January 11, collecting donations towards Dolen, a charity aiming to improve the health and education of people living in Lesotho, South Africa.

The tour of the pubs will begin around 8.30pm.

The long-standing tradition features a mare's skull, decorated with bells and ribbons, which is led from house to house in the depths of winter by gangs of revellers.

A white sheet attached to the skull is draped over the head and shoulders of the man who carries it, and a mechanism is usually rigged up allowing the jaw to be opened and closed to frighten the women and children!

The 'Fari' in Cowbridge, which nowadays visits pubs in the town in January, has coloured plastic eye sockets in front of flashing light bulbs to give an eerie effect!

Traditionally, Mari was led by a man wearing a top hat or bowler, called the Sergeant, and they were joined by a gang of men and sometimes boys.

Mari knocked on the door of the farmhouse, and the men would sing: "Wel, dyma ni'n dwad, gyfeillion diniwad, i ofyn 'sgawn gannad i ganu" ("Well, here we come, innocent friend, to ask permission to sing").

Inside the house, the family, and sometimes the local bard who'd been bribed with beer to help out, would reply in verse. A sung dialogue would then ensue in which the Fari would demand access and the family refuse, until no-one could invent any more verses.

At this point, they would open the door and the group be plied with food and drink. Legend has it that on one occasion, both groups had such prolific poets that the bardic duel continued thoroughout the night, and Mari didn't gain entry until dawn!

The custom existed in Cowbridge until the 1930s, with the verses by then sung in English. Mr Bill Lewis, who arranged the modern Mari's antics in the town each year, told how he and other youngsters followed the revellers across the fields from farm to farm. He remembered one of the verses he sang, which corresponds to one of the traditional Welsh verses: "Through bushes and briars, O'er mountains and mires, We wish you a happy new year."

In Pencoed, the Fari was still visiting farms in the area in the 1960s and the village of Llangynwyd is known to have a long tradition of Mari Lwyd visits. In Monmouthshire in the 19th century, the custom was encouraged by Lady Llanover, and a hologram-style depiction of the Fari Lwyd remains above the door of the old post office in the village of Llanover.

SH

Penarth roundabout could be removed

A major Penarth roundabout could be removed with new one-way systems proposed under a trial set to be agreed by the council.

The Vale Council's cabinet is set to decide this month whether to introduce an experimental traffic order which would see the removal of the roundabout at the junction of Plassey Street and Windsor Road.

The roundabout would be removed in favour of an uncontrolled junction permitting one-way eastbound traffic along Plassey Street to its junction with High Street.

A short section of one-way traffic could also be introduced on High Street between Ludlow Street and Windsor Road with traffic heading north to south only.

It means traffic would be able to use Plassey Street or Windsor Road to access Penarth town centre, or Windsor Road to exit the town via the signal junction at Barons Court.

A toucan crossing is also proposed in Windsor Road immediately east after the new junction with Plassey Street.

A council report says "enhanced cycle facilities" would be provided along Plassey Street over the length of the one-way system.

The trial would cost £65,000, paid for from a £1.47million section 106 contribution from the developers of Penarth Heights.

But if it proves successful the new traffic system would cost £1.2million to implement on a permanent basis.

The Vale Council's cabinet is set to decide whether to introduce the experimental one-way traffic regulation order at its meeting on January 21, after deferring the decision today (January 7).

It follows a consultation on four possible options on how to improve traffic arrangements in the area, held between May 14 and July 9 2018.

The council has decided to progress with option two – a one-way system for Plassey Street and High Street – but not go ahead with a 20mph speed limit after concerns raised in the consultation.

The order, if approved, could remain in place up to for 18 months, after which time the order has to be withdrawn or made permanent.

There have been six road crashes in the area covered by the order between June 2015 and June 2018 that resulted in personal injury – two of which were serious, four were minor.

Four of these crashes – three slight and one serious – were caused by drivers failing to look properly before manoeuvring. The remaining minor incidents were caused by driver illness or disability, while one serious crash took place due to "an emergency vehicle on call and negligent action to open the vehicle door," a council report says.

In that time, there were no crashes in the area which involved personal injury to pedestrians or cyclists.

Matt Discombe
Local democracy reporter

Barry art group says 'thank you'

THANK you to all those who came to our Art4u 'Tree of Love' dedication.

There was beautiful singing by Porthkerry Community Choir that helped create a truly memorable event full of love and kindness.

We would like to thank Mark Lund, our local blacksmith who not only installed the plaque, but did all the metal work free.

We have given the tree the best start we can, so we hope it flourishes and offers benefit to all those who visit it for many generations to come.

Glyn Pooley, Barry.

Colwinston celebrated Christmas in style!

CHRISTMAS in Colwinston started early last year with the WI Carol service at the beginning of December.

Also in early December, the 1st Colwinston Brownies made Christmas gift bags for the Llantwit Major Foodbank.

The church and the village green Christmas trees were illuminated, with the church becoming floodlit in a special tree lighting ceremony. During Advent, the Posada with Mary, Joseph and the donkey, was passed around the Mother and Toddler group. This symbolised the journey to Bethlehem over 2,000 years ago.

Many of the village organisations, including the community council, village hall committee, Mother's Union and Philosophical Society, gave readings at the carol service and some of the reception children from St David's School sang at the Christmas Crib service.

On Christmas Eve, Father Christmas visited Colwinston and gave out presents to the children and the adults enjoyed mulled wine and mince pies provided by the village hall committee.

Many villagers celebrated Christmas at a Midnight Mass in St Michael's Church.

On New Year's Day, the annual football match took place with the under-35s just winning the match against the over-35s. The good news was that none of the 'older' players needed emergency treatment. Later in the afternoon, the traditional Colwinston game of Colley Ball, as seen on the 'Village of the Year 2018' programme, took place at the Sycamore Tree. The final service of Christmas was held on January 6, the day of Epiphany, when the three kings visited the stable.

Now all the decorations have been put away until next year, all that remains is to wish everyone a very happy and healthy New Year from everyone in this busy rural village.

KJ

Bridgend club benefits from housebuilder's community fund

THE Bridgend Association of Bowls, Tennis and Squash Clubs was among the latest good causes to secure funding through Persimmon Homes' Community Champions scheme.

The association received £1,000 towards new floodlights at its Church Road facility.

Each month Persimmon Homes donates up to £2,000 to community groups in each of its 31 geographical operating areas.

Edward Wilkins, chairman of The Bridgend Association of Bowls, Tennis, Squash Clubs Community Interest Company, said: "We have embarked on a project to raise £30,000 to provide additional flood lighting and court playing surfaces in Bridgend.

"This will have significant benefits during the winter and spring months, increasing our capacity by an estimated 50 per cent.

"We have a lot of fundraising to go, but we are hugely grateful to Persimmon Homes for their generosity."

Go to *www.persimmonhomes.com/charity* to apply for funding.

Bridgend Quiz League results

HERE are this week's teasers from the Bridgend Quiz League:

1. In the 2016 version of Cluedo, who was Mrs White replaced by?

2. A playing surface 3ft 6 ins wide and 60ft long is used in what indoor game?

3. What do the Forth Bridge in Scotland, the Menai Bridge in Wales, the Egyptian Arch Bridge in Northern Ireland and the Millennium Bridge in England have in common?

Quiz League results for January 7: Penybont AFC Nomads 48, Ty Risha Arms 45; Tondu Railway Club 46, Mackworth Arms 45; Laleston Inn A 37, Crown Maesteg 46; Oddfellows Arms 34, Laleston Inn B 48; Six Bells Clangers 50, Prince of Wales Coychurch 42; Cabo Roche 46, Pheasant Gamekeepers 48; Five Bells B 43, Chatterton Shunters 44.

SK

Answers:
1. Dr Orchid; 2. Ten Pin Bowling; 3. All appeared on old UK pound coins.

For all the latest news from your area - glamorgan-gem.co.uk

Water company objects to new housing scheme

PLANS for 41 homes in Bridgend have been submitted.

The application, by Hafod Housing Association & Jehu, is for a two-acre site south of Wyndham Close and next to the Brackla Industrial Estate.

The site is desctibed as "scrubland".

The plans involve car parking spaces and the creation of a new access point onto Wyndham Close.

Dwr Cymru Welsh Water has objected to the proposals because the development would be directly above two sewers and within the protection zone for a trunk water main.

It advises that the site layout should be changed to accommodate the required protection zone.

Agents for the applicant said the advice from Dwr Cymru Welsh Water would be considered within the ongoing design process as the project moved forward. The planning application number is P/18/945/FUL.

Liz Bradfield
Local democracy reporter

KPC can help you

ARE you looking for work or do you need some skills to help you make that step?

KPC Youth & Community in Pyle offer a range of support towards employability - such as help with job searches, updating or creating your CV, several short courses to help with developing skills (customer service, an introduction to First Aid, health & safety in the workplace or in construction prior to CSCS Card etc); help with literacy, numeracy, basic IT and also interview techniques.

To find out more and check your eligibility, pop into the centre (off Pyle Inn Way, Pyle, Bridgend CF33 6AB) for an informal chat or call 01656 749219.

New FAN at Golau Caredig

A NEW FAN (friends and neighbours) group is opening next week at Golau Caredig (the old cinema), Holton Road.

The meetings are free of charge and open to everybody, residents and non-residents alike. They will take place every Tuesday at 10.30am for one hour in the Meeting Room where a free hot drink will be served.

We will be taking turns to share stories from our everyday lives and listen to other's experiences as well as discussing a weekly topic. People who have attended other FAN groups have said they have enjoyed making new friends and feel happier after laughing with others at a meeting. You do not have to book, so come and try this new friendly group next week.

For further information, *email carolinefan2018@gmail.com*

Two Vale schools to be completely rebuilt

TWO Vale schools will get new buildings after Welsh Government increased funding.

Pencoedtre High School and St Nicholas Church in Wales School will be rebuilt after the Vale Council's cabinet approved the plans on January 7.

The two schools had been in line for refurbishments, but will now get new buildings as funding for the next stage of the Vale Council's 21st Century Schools Programme has risen to nearly £144 million.

The extra funding also means plans for a new and expanded Centre for Learning and Wellbeing, providing a 'therapeutic service' for vulnerable pupils, will be developed instead of the previously proposed Centre for Behavioural Excellence.

The "Centre for Behavioural Excellence" was intended to be built adjacent to Whitmore High School to replace the pupil referral unit at Amelia Trust Farm.

A cabinet report said the Whitmore High School site was no longer deemed suitable for the new centre and new location options are being explored.

The extra funding will also ensure a greater number of children with additional learning needs can be accommodated at Ysgol y Deri in Penarth.

The council said it will soon reveal plans for extensive further investment in primary provision across the Vale.

Band B of the 21st Century Schools Programme will invest £143,904 million in Vale schools, up from the £142,417 million Welsh Government originally committed to the project.

Welsh Government is set to contribute £84,567 million, with the council making up the other £59,337 million.

Vale Council Leader John Thomas told the cabinet on January 7: "It's an excellent news story that we can build a new school in Pencoedtre."

Matt Discombe, local democracy reporter

ADVERTORIAL

Your chance for some 'Tiny Talk'

HOW do we communicate with others, when we don't speak the same language?

How do you ask for help or understand others? How do we work out what babies want before they can talk?

The answer is baby signing, natural gesture and classes run every week during term time in Penarth, Sully and Colwinston. Babies can use their hands to wave, clap and point at objects from around six months and through these new classes, parents and babies can learn a whole range of signs to discover what their baby wants to say.

Although signing is fun to do with your baby, it's also easy to forget that it's so worthwhile. You're enabling your baby to communicate their interests, needs and thoughts long before they can speak. Why let them wait until their words can be formed?

With their much-loved mix of lively nursery rhymes, multi-sensory toys, instruments, books and playtime, plus with a special focus on easy-to-learn signs and the importance of understanding each other, it's a lesson not to be missed. After the session, we have a social time where we have hot drinks and biscuits for our hard-working families. It is a chance to chat to other new mums and make long lasting friendships, for you and your babies.

For more information go to www.tinytalk.co.uk/juliat.

Repair Cafe

REPAIR Cafe will resume in Llantwit Major on Saturday, January 12 at 10am-12 noon in Bethel Church Hall.

If we can repair your item, repairs are free but donations are welcome. Please bring only portable household goods; we can't handle large items, furniture, soiled or contaminated items. Refreshments are also available.

Follow us on Facebook - **facebook.com/GlamorganGEM**
and on Twitter - **@gem_news/@GEMSportsNews**

GORCHYMYN CYNGOR BRO MORGANNWG (A4226 WAYCOCK ROAD (LÔN 5 MILLTIR), Y BARRI) (CYFYNGIAD CYFLYMDER 30 MYA) (DROS DRO) 2019

Mae Cyngor Bro Morgannwg, wrth arfer ei bwerau dan Adran 14(1) Deddf Rheoleiddio Traffig Ffyrdd 1984 (fel y'i diwygiwyd) a'r holl bwerau galluogi eraill yn cynnig, yn bwriadu gwneud Gorchymyn mewn dim llai na 7 diwrnod i ddyddiad yr Hysbysiad hwn i wneud yr hyn a ddisgrifir yn yr atodlenni isod:

ATODLEN 1

Ni fydd unrhyw berson yn achosi neu'n caniatáu i gerbyd modur deithio'n gyflymach na 30 milltir yr awr rhwng y lleoliadau a nodir yn Atodlen 2 isod:

ATODLEN 2

Lleoliad: A42226 Waycock Road (Lôn 5 Milltir) y Barri o gylchfan Waycock Cross ar ei hyd i gyffordd Sycamore Cross wrth yr A48

Rheswm: Mae'r cyfyngiad yn cael ei weithredu i alluogi gwaith i wella'r ffordd.

Hyd: O 10.00 ar 1 Chwefror 2019 am hyd at 18 mis.

Hefyd, caiff y Gorchymyn o'r enw "Gorchymyn Cyngor Bro Morgannwg (A4226 Waycock Road (Lôn 5 Milltir) y Barri) (Cyfyngiad Cyflymder 30 mya) (Dros Dro)" 2018 ei ddiddymu.

Dyddiedig 10 Ionawr 2019

Cyfarwyddwr Amgylchedd a Thai
Cyngor Bro Morgannwg, Yr Alpau,
Gwenfô. CF5 6AA.

THE VALE OF GLAMORGAN COUNCIL (A4226 WAYCOCK ROAD (5 MILE LANE), BARRY) (30MPH SPEED RESTRICTION) (TEMPORARY) ORDER 2019

12x6

The Vale of Glamorgan Council in exercise of its powers under Section 14(1) of the Road Traffic Regulations Act 1984 (as amended), and of all other enabling powers intends in not less than seven days from the date of this Notice to make an Order, the general effect of which is as described in the schedules below:

SCHEDULE 1

No person shall cause or permit a motor vehicle to proceed at a speed greater than 30 miles per hour between the location specified in Schedule 2 below:

SCHEDULE 2

Location: The A42226 Waycock Road (5 Mile Lane) Barry from Waycock Cross Roundabout throughout its length to Sycamore Cross junction at the A48.

Reason: The restriction is being implemented to allow new road improvement works to take place.

Duration: From 10.00 Hours on 1st February 2019 for a maximum period of 18 months.

In addition, the order known as The Vale of Glamorgan Council (A4226 Waycock Road (5 Mile Lane), Barry) (30MPH Speed Restriction) (Temporary) Order 2018 shall be revoked

Dated this 10th day of January 2019

Director of Environment and Housing
Vale of Glamorgan Council, The Alps,
Wenvoe. CF5 6AA

GORCHYMYN CYNGOR BRO MORGANNWG (CHAPEL LANE EAST, PENARTH) (CAU FFORDD) (DROS DRO) 2019

Mae Cyngor Bro Morgannwg, wrth arfer ei bwerau dan Adran 14 Deddf Rheoleiddio Traffig Ffyrdd 1984 (fel y'i diwygiwyd) a'r holl bwerau galluogi eraill yn cynnig, mewn dim llai na saith diwrnod o ddyddiad yr Hysbysiad hwn, gwneud Gorchymyn a'i effaith gyffredinol fydd yr hyn a ddisgrifir yn yr atodlenni isod: -

ATODLEN 1

Ni fydd unrhyw berson yn achosi neu'n caniatáu i gerbyd modur deithio yn y lleoliad a nodir yn Atodlen 2 isod.

ATODLEN 2

Lleoliad: Y ffordd sydd i'w chau yw Chapel Lane East o'r gyffordd ar Arcot Street i gefn Neuadd yr Eglwys

Rheswm: I alluogi gwaith ar ddymchwel yr Eglwys ac adeiladu Fflatiau a chanolfan Gymunedol i fynd rhagddo

Hyd: O 8.00am ar 21 Ionawr 2019 tan 5.00pm ar 20 Mai 2020

Llwybr Arall: Bydd dargyfeiriadau lleol wedi'u harwyddo ar waith.

DS: Cynhelir mynediad i drigolion a gwasanaethau brys.

Dyddiedig 10 Ionawr 2019.
Cyfarwyddwr Amgylchedd a Thai
Cyngor Bro Morgannwg, Yr Alpau,
Gwenfô. CF5 6AA..

THE VALE OF GLAMORGAN COUNCIL (CHAPEL LANE EAST, PENARTH) (ROAD CLOSURE) (TEMPORARY) ORDER 2019

9x6

The Vale of Glamorgan Council in exercise of its powers under Section 14 of the Road Traffic Regulation Act 1984 (as amended), and of all other enabling powers intends in not less than seven days from the date of this Notice to make an Order the general effect of which is as described in the schedules below: -

SCHEDULE 1

No person shall cause or permit a motor vehicle to proceed in the location specified in Schedule 2 below.

SCHEDULE 2

Location: The road to be closed is Chapel Lane East from the junction at Arcot Street to the rear of the Church Hall

Reason: To allow for demolition of Church and build new Apartments and Community Centre works to be undertaken

Duration: From 8.00am on 21st January 2019 until 5.00pm on 20th May 2020

Alt. Route: Local signed diversions will be in place.

NB: Access will be provided for residents and emergency services.

Dated this 10th day of January 2019.
Director of Environment & Housing
Vale of Glamorgan Council, The Alps,
Wenvoe. CF5 6AA.

GORCHYMYN CYNGOR BRO MORGANNWG (STATION ROAD (RHAN) DINAS POWYS) (CAU FFORDD) (DROS DRO) 2019

Mae Cyngor Bro Morgannwg, wrth arfer ei bwerau dan Adran 14 Deddf Rheoleiddio Traffig Ffyrdd 1984 (fel y'i diwygiwyd) a'r holl bwerau galluogi eraill yn cynnig, mewn dim llai na saith diwrnod o ddyddiad yr Hysbysiad hwn, gwneud Gorchymyn a'i effaith gyffredinol fydd yr hyn a ddisgrifir yn yr atodlenni isod: -

ATODLEN 1

Ni fydd unrhyw berson yn achosi neu'n caniatáu i gerbyd modur deithio yn y lleoliad a nodir yn Atodlen 2 isod.

ATODLEN 2

Lleoliad: Y ffordd sydd i'w chau yw Station Road Dinas Powys o'r gyffordd â ffordd Caerdydd i'r gyffordd â'r Sgwâr.

Rheswm: Er mwyn galluogi gwaith i adnewyddu pibellau nwy i fynd rhagddo.

Hyd: O 8.00am ar 21 Ionawr 2019 tan 8.00pm ar 29 Mawrth 2019

Llwybr Arall: Bydd dargyfeiriadau lleol wedi'u harwyddo ar waith.

DS: Cynhelir mynediad i drigolion a gwasanaethau brys.

Dyddiedig 10 Ionawr 2019
Cyfarwyddwr Amgylchedd a Thai
Cyngor Bro Morgannwg, Yr Alpau,
Gwenfô. CF5 6AA.

THE VALE OF GLAMORGAN COUNCIL (STATION ROAD (PART) DINAS POWYS) (ROAD CLOSURE) (TEMPORARY) ORDER 2019

11x6

The Vale of Glamorgan Council in exercise of its powers under Section 14 of the Road Traffic Regulation Act 1984 (as amended), and of all other enabling powers intends in not less than seven days from the date of this Notice to make an Order the general effect of which is as described in the schedules below: -

SCHEDULE 1

No person shall cause or permit a motor vehicle to proceed in the location specified in Schedule 2 below.

SCHEDULE 2

Location: The road to be closed is Station Road Dinas Powys from its junction with Cardiff Road to its junction with the Square.

Reason: To allow for gas main replacement works to be undertaken

Duration: From 8.00am on 21st January 2019 until 8.00pm on 29th March 2019

Alt. Route: Local signed diversions will be in place.

NB: Access will be provided for residents and emergency services.

Dated this 10th day of January 2019
Director of Environment and Housing
Vale of Glamorgan Council, The Alps,
Wenvoe. CF5 6AA

Eagleswell Road, Llantwit Major
3 Beds. Kitchen/Diner
Renovated Throughout
Ideal First Time Buy
£149,950 E48

Beggars Pound,
1 Double Bedroom
Show Home Standard
Impressive Garden
£249,950 D60

West Street, Llantwit Major
3 Bedrooms
2 Receptions
West End Location
£330,000 D66

Tathan Crescent, St Athan
4 Bedrooms
Garage. GCH Combi.
Sought After Location.
£199,950 E51

St. David's Avenue, Llantwit Major
3 Beds. Workshop
Log Burner
Sought After Location
£199,950 D63

Berry Court, Llantwit Major
3 Beds. No Chain
Kitchen/Diner
Renovated in 2018
£139,950

Crawshay Drive, Llantwit Major
3 Beds. Driveway
Kitchen/Diner
Renovated in 2018
£149,995 C72

Mount Pleasant House, Llanmaes
3 Beds. 2 Bathrooms
Conservatory
Countryside Views
£329,950 D59

Roberts Close, St Athan
3 Double Beds
Countryside Views
Lovely Presentation
£269,950 D68

Llanmaes Road, Llantwit Major
4 Bedrooms
2 Receptions
57' Driveway
£269,950

Eagle Terrace, St Athan
2 Double Bedrooms
Built in 2008
Southerly Rear
£154,995 B83

Orchard Walk, St Athan
3 Beds. En-suite
Garage. No Chain
2016 Barratts Home
£244,950 C82

Shackleton Close, St Athan
3 Bedrooms
Kitchen/Diner
No Forward Chain
£99,950

Sycamore Avenue, St Athan
2 Bedrooms
Driveway
No Forward Chain
£99,950 D55

Pantycelyn Place, St Athan
5 Bedrooms
Sitting/Dining Room
Driveway. Garage
£199,950 C69

Lon Yr Eglwys, St Brides Major
4 Bed. 2 Recep. 3 Bath
Garage. Village Location
Countryside Views. No Chain.
£499,950 D66

Orchard Walk, St Athan
4 Bedrooms
£20,000 Extras
Garage. Private Garden.
£349,950 B84

Eurgan Close, Llantwit Major
3 Bedroom Semi
Very Well Presented
Sought After Location
£225,000 C70

Malthouse Court, Broughton
Three Bedrooms
Spacious Apartment with views
Garage
£169,950 E46

Heol Y Fro, Llantwit Major
3 Bedrooms
2 Receptions.
No Forward Chain.
£199,950 D70

Heol Merioneth, Llantwit Major
4 Beds. 2 Recps.
Conservatory.
Garage.
£289,950 D64

Gildas Close, Llantwit Major
3 Beds. 2 Recps.
Extended. En-Suite.
No Chain. GCH Combi.
£219,950 D68

Stallcourt Avenue, Llantwit Major
3 Beds, 2 Recps
uPVC. GCH
Sought After Location
£214,950 D63

Chris Davies

Rhoose 01446 711900
Llantwit Major 01446 792020
Barry 01446 700007
sales@chris-davies.co.uk

Lets!

West End Terrace, Llantwit Major
Two Bedroom Cottage
Country Style Kitchen/Diner
West End Location
Summer House/Office
Council Tax Band D. EPC D64. £750pcm

Broad Street, Barry
Four Bedroom House
Master With En Suite
Modern Kitchen
Council Tax Band D. EPC E51. £895pcm

Dock View Road, Barry
Superb Five Double Bedroom House
Two Bathrooms
Two Reception Rooms
Council Tax Band D, EPC E51. £1100pcm

Westward Rise, Barry
Spacious House
Four Bedrooms, Master With En Suite
Large Garden
Council Tax Band E. EPC E54. £1300pcm

Station Road, Rhoose
Three Bedroom House
Modern Throughout
Master With Fitted Wardrobes
Wooden Flooring
Council Tax Band C. EPC D63. £825pcm

High Street, Llantwit Major
Four Bedroom Detached
West End Loctaion
En Suite
Driveway Parking
Council Tax Band F. EPC D67. £995pcm

For Lettings enquiries call
01446 792020
option 2
lettings@chris-davies.co.uk

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chris-davies.co.uk

homes4u HOTLINE 01446 700111

To apply call the hotline, e-mail us at HOMES4U@valeofglamorgan.gov.uk or apply in writing to: Vale of Glamorgan Council Environment and Housing Civic Offices, Holton Road Barry CF63 4RU www.valeofglamorgan.gov.uk

APPLICATION DEADLINE: 16TH JANUARY 2019

All Homes4U properties have double glazing and central heating unless otherwise stated and will be allocated to the maximum occupancy.

It may take longer to rehouse you if you are awarded medical priority as there is a shortage of accessible and adapted homes in the Vale.

AERON CLOSE, BARRY

H4U reference 200026

- Three bed house

Rent **£123.07** per week inc water

WHITEWELL ROAD, BARRY

H4U reference 228171

- Three Bed House
- Water Meter
- Walk in shower

Rent **£107.64** per week

CARADOC AVENUE, BARRY

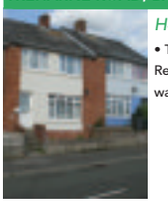
H4U reference 204022

Pref to larger families

- Three Bed Parlour House

Rent **£ 117.40** per week inc water

TREHARNE ROAD, BARRY



H4U reference 226317

- Three bed house

Rent **£111.87** per week inc water

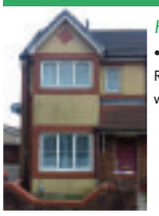
NORTH WALK, BARRY (NO PETS)

H4U reference 217940

- Three bed flat
- First floor (no lift)

Rent **£104.33** per week inc water

DOROTHY AVENUE, BARRY

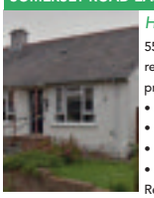


H4U reference 251312

- Two bed house

Rent **£115.06** per week inc water

SOMERSET ROAD EAST, BARRY



H4U reference 223949

55+ Not suitable for applicants requiring a level access property

- One bed bungalow
- Steps up to
- Level Access Shower
- Community Alarm

Rent **£111.11** per week inc water

JEWEL STREET, BARRY

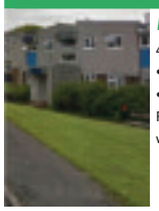
H4U reference 213798

55+ Pref to apps with a medical priority

- One bed flat
- Ground floor
- Level access shower
- Community Alarm

Rent **£94.24** per week inc water/alarm

NORTH WALK, BARRY (NO PETS)



H4U reference 218188

40+

- One bed flat
- First floor (no lift)

Rent **£97.95** per week inc water

LONGMEADOW COURT, COWBRIDGE (NO PETS)

H4U reference 230344

60+ Pref to apps with a medical priority

- One bed flat
- First floor (lift)
- Level Access Shower
- Warden/alarm

Rent **£124.24** per week inc water/warden

PLASSEY HOUSE, PENARTH (NO PETS)

H4U reference 241276

55+ Suitable for a single person

- Studio apartment
- Ground floor
- Community Alarm

Rent **£101.43** per week inc water/alarm

REDLANDS HOUSE, PENARTH (NO PETS)

H4U reference 243975

60+ Pref to apps with a medical priority

- One bed flat
- First floor (lift)
- Level access shower
- Warden/Alarm

Rent **£122.83** per week inc water/warden

HEOL ST BRIDGET, ST BRIDES MAJOR

H4U reference 250071

- Three bed house

Rent **£121.21** per week inc water

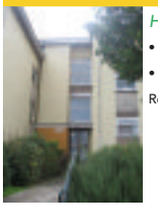
HAVANT CLOSE, RHOOSE (NO PETS)

H4U reference 1031987

- Two bed flat
- Second floor (no lift)

Rent **£105.02**

POWIS VIEW, BARRY (NO PETS)



H4U reference 197514

- Two bed flat
- Second floor (no lift)

Rent **£107.65** per week

GRAYBURN HOUSE, BARRY (NO PETS)

H4U reference 112085

Pref to apps with a medical priority. No children under 16

- Two bed flat
- Third floor (lift)
- Level access shower & raised toilet

Rent **£112.58** per week inc service charge

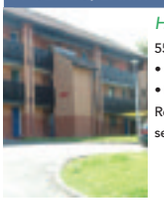
FFORDD ELIN, BARRY

H4U reference 179722

- Three bed house

Rent **£109.18** per week inc service charge

TY CERRIG, BARRY (NO PETS)



H4U reference 179734

55+

- One bed flat
- First floor (no lift)

Rent **£98.75** per week inc service charge

Aspire2Own Hafod

Rent First is designed to allow people to rent before buying and you will need to be on the Aspire2Own register to apply. The rent payable is £185.50 per week (equivalent to £806.04 per month). Successful applicants will be expected to save for a deposit to enable them to obtain a mortgage, while they are renting. The obligation to purchase will come into force 8 years after the tenancy commences, and will remain open for a period thereafter of 2 years. Any increase in the value of the property during the rental period will be shared between the successful applicant and Hafod at the time of purchase. Llantwit Major is situated next to the railway station and is close to shops and schools. A Local Lettings/Sales Policy operates in this area and priority will be given to local residents.

To apply call the hotline on (01446) 709433 / (01446) 709476, email us at housingstrategy@valeofglamorgan.gov.uk or apply in writing to: Housing Strategy Team, Vale of Glamorgan Council, Civic Offices, Holton Road, Barry CF63 4RU

Making Lives Better

You must be a HOMES4U member to apply for any of the rented homes.
When bidding for more than one property you will be asked to state your order of preference.
All descriptions and other details are given in good faith and are believed to be correct but any potential tenant should satisfy themselves as to their correctness.

Hafod newydd

Aerials, Digital, Satellite and TV Repairs

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Public Notice

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Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above-mentioned deceased, late of Rose Dew Trepit Road Wick Cowbridge CF71 7QL, who died on 13/06/2018, are required to send particulars thereof in writing to the undersigned on or before 22/03/2019, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.
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Family Notices

PHIPPS
Mary Rosina (*née* Lynch)

Peacefully after a long illness at the Waverley Care Centre, Penarth on Monday 31st December, aged 82 years. Devoted wife of the late Ray, much loved mam to Stephen and Paul and mother-in-law to Bernadette. Proud nan to Benjamin and Abigail.

Mary will be sadly missed by all her family and friends in the UK and abroad.

Mary's family wish to thank all family members, friends, neighbours, carers, health and social care workers who helped care for her at home, in Llandough Hospital and latterly at the Waverley and for their support for the family as her illness progressed.

Resting at A.G. Adams Funeralcare until being received into St Helen's Roman Catholic Church on Thursday, 17th January at 4.30pm, followed by Requiem Mass on Friday, 18th January at 10am and interment at Barry Cemetery. Flowers may be sent or donations in lieu if so desired for Alzheimer's Society c/o the funeral director.

KELLS
Deborah Ann (Debbie) (*née* Last)

Peacefully on 28th December at Marie Curie Hospice, surrounded by loved ones – Debbie, well known within Barry and dearly loved wife to Jimmy. Much loved mum of Charlotte and Sean, doting Nanna Bell of Teagan, Macsen and Ava. A loving daughter to Pat and Doug Last, loved sister of the late Nicola.

She will be greatly missed by all who knew and loved her.

Debbie is resting in the care of Lyndsay Ellis @ The Vale Funeral Service until a celebration of her life at Cardiff & Glamorgan Crematorium, Barry on Tuesday, 15th January at 1pm.

Family floral tributes only. Donations, if desired, may be made at the service or via Debbie's online tribute page at www.valefuneralservice.co.uk to support Marie Curie Hospice, Penarth

Funeral arrangements entrusted to Anthony Thomas 01446 407962.

KIDDIE
Gertrude (*née* Morris)

After a short illness, at Llandough Hospital on 29th December 2018, aged 97 years, loving mother to Ronald and Alan, mother-in-law to Angela and Denise, cherished grandmother and great-grandmother to all her grandchildren.

Gert will be sadly missed by all her family and friends.

Resting at A.G. Adams Funeralcare, until the service at Cardiff & Glamorgan Crematorium on Friday, 11th January at 3pm.

Family flowers only, donations may be made in memory of Gert directly to Diabetes UK, Well Lawrence House, 126 Back Church Lane, London, E1 1FH.

VOSS
Jean
(of Wick)

Peacefully in her sleep on 17th December 2018 in the Hazlehurst Nursing Home, Penarth, at age 93. Wife of Vic for over 60 years. Loving mother of Roy, Shane and Ingrid, loving Granny to Maddy, Jake, Toby, Bryn and Nye. Much loved by all the wider family.

Funeral Service at the Cardiff & Glamorgan Memorial Park and Crematorium, Port Road East, Barry, Vale of Glamorgan, CF62 9PX on Monday, 14th January at 3pm. Informal cheerful dress code. All welcome.

Family flowers, a suggestion for donations in lieu would be Macmillan Nurses.

Afterwards there will be a buffet at the Lamb & Flag, Wick, CF71 7QE. All welcome, whether or not attending crematorium.

PARFITT
Jacqueline Anne (*née* Collins)

Peacefully on 4th January 2019, Jackie, aged 69 years. Much loved aunt and cousin also a dear friend.

Resting at A.G. Adams Funeralcare until the service at Cardiff & Glamorgan Crematorium on Thursday, 17th January at 10am.

No flowers by request, donations in lieu, if so desired for The Dogs Trust c/o the funeral director.

CLEMENTS
Jeanette

Passed away peacefully at Llandough Hospital on 23rd December. Jeanette of Somerset Road East, Barry, dearly beloved sister of Lyndon and Joyce. Loving aunt to all her nieces and nephews.

Resting in the care of Lyndsay Ellis at the Vale Funeral Service, Court Road, Barry until her service at Cardiff and Glamorgan Crematorium, Barry on Tuesday, 15th January at 11am.

Flowers may be sent to the funeral home.

Funeral arrangements entrusted to Anthony Thomas

Further information telephone 01446 407962.

HODGKINSON
George

Peacefully on 27th December at home, George of The Downs, St Nicholas. Much loved husband of Jean, loving father of Jeff and Leslie. Father-in-law of Meinir and Sue. Dear grandfather of Michael, Louise, Nicola, Katie, Paul, Josh, Luke and Ellis.

Sadly missed by all.

Resting at Penarth Funeral Directors, Hickman Road Funeral Home until the service at St Nicholas Church, St Nicholas village on Thursday, 10th January at 2.30pm, followed by burial in the churchyard.

Family flowers only. Donations for Guide Dogs for the Blind may be received on the day.

WITHERS
Marion Flora

Passed away peacefully at Springbank Nursing Home, on 28th December 2018, aged 90 years.

Funeral service to take place at St Mary's Church, Barry at 1pm on Wednesday, 16th January, followed by committal at Cardiff and Glamorgan Crematorium, Port Road East, Barry at 2pm.

Family flowers only. Donations, if desired, can be made to RNLI Barry in memory of Marion.

THOMAS
Sheila

Passed away peacefully on 29th December 2018 at the Princess of Wales Hospital. Beloved wife of Louis, mother of Maxwell, mother-in-law of Ruth.

Sheila will be sadly missed by all her family and friends.

Cremation and service at Coychurch Crematorium at 2.15pm on Thursday, 17th January 2019. Donations in lieu of flowers to RNLI (Barry branch), The Pierhead Buildings, The Outer Harbour, Barry Docks, Barry, CF62 6QS.

EWING
Ronald Wyatt

Died peacefully at home on Saturday, 29th December 2018, aged 82 years. Much loved, he will sadly be missed by his wife Shirley, family and friends.

The funeral will take place at Coychurch Crematorium on Friday, 18th January 2019 at 2.15pm.

Family flowers only please. Donations to Cancer Research Wales, if desired, can be sent to Cancer Research Wales, Velindre Hospital, Whitchurch, Cardiff, CF14 2TL.

SCOTT
Tim

It is with great sadness that we announce the sudden death of Tim on 18th December 2018.

Tim will be deeply missed by all of his family.

The funeral will take place on Monday, 21st January 2019 at Croesyceiliog Crematorium, Cwmbran at 10am.

MILES
Patricia Jean

Peacefully on 27th December at Marie Curie Hospice in Penarth, Pat (née Billington) in her 67th year. Greatly missed by her husband Ronnie; daughters Maxine, Mellonie and the late Mallissa; grandchildren Myles, Matthew, Mathias and Edgar James and 'In laws' Paul and Fern.

Resting at the Private Funeral Home of W. James & Sons, Fonmon. Funeral Monday, 14th January, service and cremation 3.15pm at Coychurch Crematorium, Bridgend. Family flowers only. Donations in Pat's memory to Marie Curie Cancer Care, Holme Tower, c/o the funeral director.

MORGAN
Gwynneth Mary

Peacefully at Brocastle Manor Nursing Home on Sunday, 6th January, aged 87 years. Beloved wife of Ray Morgan, Blacksmith - Picketston.

Resting at the Private Funeral Home of W. James & Sons, Fonmon. Funeral Monday, 21st January, service and cremation 11am at Coychurch Crematorium, Bridgend. Family flowers only.

LINTON
Clive

It is with a broken heart the family announce the passing of Clive. Much loved and devoted husband, father, bampy, father-in-law and uncle.

Resting at the Private Funeral Home of W. James & Sons, Fonmon. Service to celebrate Clive's life on Friday, 18th January 1pm at St Mary's Church, Penmark. Family flowers only, donations in Clive's memory to the Donkey Sanctuary c/o the funeral director.

WATERS
Kathleen Rose (*née* King)

Passed away peacefully on Wednesday, 2nd January 2019 at University Hospital Wales, after a short illness. Wife of the late Jimmy, mother to Gaynor, the late Adrian, the late David, Ian and Sara-Jane. Kathleen is survived by her 10 grandchildren and 14 great-grandchildren.

Resting at Robert D. Johnson Funeral Directors, 29 Holton Road, Barry. Funeral service to take place at Cardiff and Glamorgan Crematorium, Port Road, Barry on Monday, 21st January at 1pm.

Family flowers only by request, but donations may be made in lieu of flowers to Holme Towers, Penarth.

Friends and family are welcome at The Cherry Orchard, Barry following the service.

Acknowledgements

JAMES
Thomas (Tom)

Lynne, Simon and Stuart wish to thank family and friends for their kind messages and for attending Tom's celebration of life.

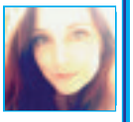
Thank you to the doctors and staff at Holme Towers, Kate Weston, Humanist and Robert D. Johnson Funeral Directors for their help and support at such a heartbreaking time.

Also, thank you to everyone who kindly donated to Holme Towers in Tom's memory.

Graduation Notice

Ms Rebekah Louise Dee

MA, PGCE, BA (Hons)



Bamp and I wish to congratulate you on attaining your Masters Degree.

You have worked so hard and truly deserve your success.

We are so very proud of you darling.

All our love always, Nan & Bamp Dee xxx

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Birthdays

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Happy 70th Birthday
on 14th January
Have a lovely day
Lots of Love
Lindy xxx

MAC ANDERSON
Happy 70th Birthday Dad
on 14th January
Have a great day!
Love Ross & Toni xxx

Mac Anderson
Happy 70th Birthday
on 14th January
Hope you have a fab day.
Lots of Love
Nicola & Lee xxx
70

Mac Anderson
Have a lovely 70th Birthday
'Old Fella'
(Gramp, Bamp & Mac)
on 14th January
Enjoy your day!
Love Cez, Cian, Taya & Lucca xxxx
70

Happy 60th Birthday
Mum
on 10th January 2019.
Lots of Love
Helen, Bam, Steve & Dean
xxx

Congratulations on your
50TH BIRTHDAY
MICHAEL GILL
on 19th January
All our love from Mum & Herbie xxx

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EDITOR

BASED IN MONMOUTH

Who We Are

The Monmouthshire Beacon and Chepstow Beacon, part of the Tindle Group, are newspapers serving the local communities of Monmouth and Chepstow and the surrounding areas. The mission of the Tindle Group is to reach the heart of the diverse communities we serve with informative and engaging media products while at the same time providing a valuable promotional vehicle for our advertisers. Print titles are supported by dedicated websites, digital editions and an active social media presence, using Facebook and Twitter.

The Role

As editor, you will lead our editorial team taking responsibility for their daily tasks and ensuring that the right stories and engaging content is being worked on and written to the highest standard. You will also be expected to deliver your own stories, contributing to the content of our newspapers and online platforms. You will work with, and report directly to, the General Manager.

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The Applicant

The perfect applicant for this role will already have experience working in a senior position within an editorial department. We are looking for someone with an exceptional news sense who understands what it takes to deliver news which matters to the audience we serve. It is crucial that you are brimming with original ideas and also have a commercial awareness.

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Gerald gets his revenge at St Athan Golf Club

THE first Sunday of January is always reserved for the traditional 'Captain's Drive-in' at St Athan Golf Club and the members were fortunate that the recent easterly winds had diminished for the day.

As is customary, Liz Thomas relinquished the captain's jacket and presented it to Gerald Thomas, who takes the helm throughout the coming year, assisted by newly appointed vice-captain Luke Sloan.

Gerald appeared relaxed on the tee and impressed his fellow golfers with a magnificent drive down the first fairway, resulting in Gary James being the lucky recipient of a bottle of whisky for correctly estimating where the captain's ball would come to rest.

With the formalities completed, the Pee Wee competition was then played in high spirits with a four-ball-better-ball captain versus vice-captain format.

Several players were competing in this event for the first time and they were delighted, albeit surprised, to find that their new captain had strategically placed various bottles of spirits around the course; they were assured by long-standing members that it was purely medicinal in enabling them to maintain a constant body temperature throughout the competition!

Since the formation of the club in 1976, the team representing the vice-captain has always had more success than their opponents, only an incorrect score card entry depriving them in 2018, and leaving Gerald, as last year's vice-captain, with a score to settle.

Gerald had cherry-picked his son, Will, as his partner and they complimented each other perfectly, both players carding a two and completing their game with 46 points, putting them at the top of the leader board. Three pairings returned 45 points which, after the count-back rule was implemented, resulted in Tom Tait and Gwyn Favell being awarded second place.

Gerald was ecstatic when the final team score was announced, 8-3 to the captain's side. He duly accepted the trophy, a chamber-pot laden with alcohol, to pass around the victors.

The challengers were generous with their plaudits and were extremely enthusiastic in assisting the winners in consuming the contents of the pot and as the day came to a close they were definitely more vocal with the predicted outcome for 2020

Gerald and his fellow members at St Athan Golf Club extend their warm wishes to all fellow golfers.

They offer a warm welcome to golfers of all ages and ability, anyone interested in joining the club should contact the manager on 01446 751043.

Carol Morgan

All-day bowls competition at Sully a success

FOLLOWING the great work of recent years, the new officers of Sully Indoor Bowls Stadium have embarked on a very proactive plan to bring life back to the social side as well as the bowling side.

Over the festive period a very successful all-day triples tournament was held. With breakfast and lunch included, 24 teams enjoyed a good day's sport and by tea time it was down to a final between the Devils - Lynva Bowen, Sue Britton and Hugh Mulcock - against Bam Rhoose - Sue Dance, Annette Shears and Brian Shears.

The Devils held on over seven ends to win this first event and special thanks must go to CAB 64 for their sponsorship.

As well as changes to the bowling surface, new lighting, redecoration, and new computer systems in the stadium have brought a new lease of life.

On Thursday afternoons bingo sessions have started all are welcome and there are plenty of events scheduled over the next few months.

TM

Barry Athletic under-18s are kitted out

BARRY Athletic are pictured in their new kit sponsored by successful business ORBITS IT.

After a very impressive double in the junior football last season, Barry Athletic are embarking this year in the South Wales Youth League (under-18s) with a huge amount of confidence. Barry Athletic are the only team to represent Barry at this level.

The team have had an excellent start, winning nine of their first 11 games. The team have their sights set on a top two spot, and have also reached the last sixteen of the League Cup.

The club and coaches would once again like to thank ORBITS IT for their sponsorship and support this season, with a special thanks to Jim Lewington, managing director, and Dean Bengough, operations manager.

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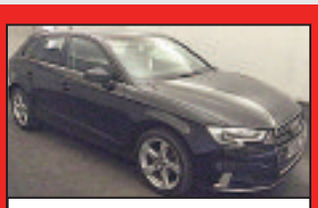

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2013 (63) AUDI Q5 3.0 TDI S LINE PLUS S TRONIC QUATTRO (S/S) 5DR 245 BHP QUATTRO FSH, NAV LTHR £19,945

2016 (16) AUDI RS3 2.5 TFSI SPORTBACK S TRONIC QUATTRO 5DR (NAV) 31,000 MILES, FSH, NAV, DAB, LTHR £31,990

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2012 (12) BMW 5 SERIES 2.0 520D BLUE PERFORMANCE M SPORT TOURING 5DR, JUST 50,000 MLS, FSH, NAV, LTHR . £13,490

2018 (18) BMW X2 2.0 20D M SPORT X XDRIVE (S/S) 5DR, 3,700 MLS, 1 OWNER, HUGE SPEC £30,990

2014 (14) FORD TRANSITCUSTOM 2.2 TDCI ECONITEC 270 L1H2 PANEL VAN, JUST 60,000 MILES, FSH 4X STAMPS £9,990

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2015 (65) MERCEDEZ-BENZ GLC CLASS 2.1 GLC220D SE 4MATIC (S/S) 5DR 168 BHP 4X4 FULL LEATHER £24,990

2012 MERCEDEZ-BENZ SLK 1.8 SLK200 BLUE EFFICIENCY AMG SPORT 7G-TRONIC PLUS 2DR, FULL LEATHER, FSH, PAN ROOF £11,990

2016 (16) BMW 1 SERIES 2.0 120D M SPORT HATCH (S/S) 3DR, NAVIGATION, DAKOTA LEATHER PDC £12,990

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16 66 LAND ROVER RANGE ROVER VOGUE 3.0 TDV6 Vogue 4dr Automatic, Land Rover warranty Sept 2019, pan roof, sat nav, grey, full leather **£44995**

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16 66 AUDI S3 2.0 TFSI Quattro 3dr (306bhp), Audi warranty Nov 2019, sat nav, heated seats, xenons, 23k, white, half-leather **£23995**

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15 65 BMW X4 2.0 DXDrive M Sport 5dr Automatic, sat nav, 19"alloys, privacy glass, black, full leather **£20795**

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15 64 BMW 420 DXDRIVE M Sport Gran Coupe 5dr automatic, pro sat nav, 19"alloys, Harman kardon, full leather, 26k, met black **£19995**

15 65 BMW 420 DXDrive Luxury 2dr Coupe Automatic, sat nav, heated seats, 39k, grey, full leather **£17995**

16 16 BMW 420 DXDRIVE M Sport Gran Coupe 5dr automatic, 19"alloys, widescreen sat nav, 23k, met grey, full leather **£21995**

16 16 BMW X1 2.0 DXDrive M Sport 5dr, BMW warranty June 2019, sat nav, heated seats, 24k, met white **£19995**

16 66 BMW X3 2.0 DXDrive M Sport 5dr Automatic, BMW warranty Dec 2019, sat nav, 19"alloys, grey, full leather **£21995**

15 65 BMW X4 2.0 DXDrive M Sport 5dr Automatic, sat nav, 19"alloys, privacy glass, black, full leather **£20795**

16 66 FORD EDGE 2.0 TDCI 210 Titanium 5dr Powershift 4WD, Ford warranty Oct 2019, sat nav, cruise, 19"alloys, reverse camera, black **£21995**

16 66 HYUNDAI SANTA FE 2.2 CRD Premium 5dr Automatic (7-Seater), Hyundai warranty Sept 2021, sat nav, 18"alloys, cruise, privacy glass, 18k, black, full leather **£20995**

16 16 HYUNDAI SANTA FE 2.2 CRDI BlueDrive Premium SE 5dr Automatic (7-Seater), Hyundai warranty July 2021, sat nav, pan roof, heated seats, reverse camera, 19"alloys, 21k, beige with full leather **£21495**

16 66 HYUNDAI SANTA FE 2.2 CRD BlueDrive Premium SE 5dr Automatic (7-Seater), Hyundai warranty Jan 2021, sat nav, pan roof, reverse camera, black, 19"alloys, 9k, full leather **£23995**

16 66 HYUNDAI TUCSON 2.0 CRD Premium 4WD 5dr Automatic, Hyundai warranty Dec 2019, sat nav, reverse camera, 19"alloys, 18k, grey, full leather **£19495**

17 67 JAGUAR F-PACE 3.0 DV6 S AWD 5dr Automatic, Jaguar warranty Jan 2021, sat nav, 20"alloys, reverse camera, 9k, black, full leather **£39495**

15 15 JEEP CHEROKEE 2.0 CRDI Limited 5dr 4WD Automatic, sat nav, reverse camera, choice, 12k, full leather **£15995**

15 65 JEEP CHEROKEE 2.2 MultiJet II 200 Limited 5dr 4WD Automatic, sat nav, pan roof, reverse camera, 38k, white, full leather **£16995**

17 67 JEEP CHEROKEE 2.2 MultiJet 200 Limited 5dr 4WD Automatic, Jeep warranty Oct 2020, sat nav, reverse camera, privacy glass, 12k, black, full leather **£23995**

14 64 JEEP GRAND CHEROKEE 3.0 CRD Limited 5dr 4WD Automatic, reverse camera, dab, grey, full leather **£18495**

16 16 JEEP GRAND CHEROKEE 3.0 CRD Summit 5dr 4x4 Automatic, Jeep warranty April 2019, sat nav, pan roof, reverse camera, 20"alloys, met red, full leather **£23995**

16 16 JEEP RENEGADE 2.0 M-Jet II Longitude 5dr 4WD, Jeep warranty Sept 2019, sat nav, pan roof, 17"alloys, blue, 22k **£13495**

15 65 KIA SORENTO 2.2 CRD KX3 5dr Automatic AWD (7-Seater), Kia warranty Dec 2022, pan roof, reverse camera, 21k, white, full leather **£22995**

18 68 KIA SORENTO 2.2 CRDI GT-Line S 5dr Automatic (7-Seater), Kia warranty Sept 2025, pan roof, sat nav, reverse camera, only 527 miles, grey, full leather **£34995**

16 16 KIA SPORTAGE 1.6 T GDI GT-Line AWD 5dr, Kia warranty Aug 2023, sat nav, 19"alloys, full leather, 10k, choice **£16795**

16 66 KIA SPORTAGE 1.6 T-GDI GT-Line 5dr Automatic AWD, Kia warranty Sept 2023, sat nav, reverse camera, heated seats, 24k, black, full leather **£18995**

15 65 KIA SPORTAGE 2.0 CRDI KX-3 5dr 4WD, Kia warranty Oct 2022, pan roof, reverse camera, 31k, black, full leather **£14295**

16 16 KIA SPORTAGE 2.0 CRDI KX-4 AWD 5dr, pan roof, sat nav, cruise, reverse camera, 23k, met red, full leather **£19495**

16 16 KIA SPORTAGE 2.0 CRD GT-Line 5dr 4WD, sat nav, 19" alloys, reverse camera, heated seats, 8k, white with full leather **£18495**

16 66 KIA SPORTAGE 2.0 CRD KX-2 5dr Automatic 4WD, KIA warranty Oct 2023, sat nav, reverse camera, cruise, 24k, silver **£16995**

16 66 KIA SPORTAGE 2.0 CRDI First Edition 5dr AWD Automatic, Kia warranty Oct 2023, pan roof, sat nav, 19"alloys, reverse camera, 24k, white, full leather **£21495**

17 67 KIA SPORTAGE 2.0 CRD GT-Line S 5dr Automatic, Kia warranty Oct 2024, sat nav, pan roof, reverse camera, 13k, red, full leather **£22995**

15 65 LAND ROVER DISCOVERY SPORT 2.0 TD4 180 HSE Black 5dr Automatic 4x4 7-Seater, pan roof, sat nav, reverse camera, 20"alloys, 26k, orange, full leather **£26995**

17 17 LAND ROVER DISCOVERY SPORT 2.0 TD4 SE 5dr Tech Pack Automatic (7 Seater), Land Rover warranty April 2020, sat nav, 10k, black, half-leather **£26995**

15 65 LAND ROVER DISCOVERY 4 3.0 SD V6 SE Tech 5dr Automatic (7-Seater), sat nav, 19"alloys, cruise, 30k, silver, full leather **£29795**

17 67 LAND ROVER RANGE ROVER EVOQUE 2.0 SI4 290 Autobiography 5dr Automatic, Land Rover warranty Nov 2020, sat nav, 20"alloys, reverse camera, grey, 7k, full leather **£39995**

15 65 LAND ROVER RANGEROVER EVOQUE 2.0 TD4 HSE Dynamic 5dr, sat nav, reverse camera, 20"alloys, 20k, red, full leather **£27495**

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16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 TD4 SE 5dr Automatic 4WD, Land Rover warranty Nov 2019, 18"alloys, privacy glass, heated seats, white, full leather **£24995**

16 66 LAND ROVER RANGE ROVER VOGUE 3.0 TDV6 Vogue 4dr Automatic, Land Rover warranty Sept 2019, pan roof, sat nav, grey, full leather **£44995**

17 17 LAND ROVER RANGE ROVER VELAR 2.0 D HSE 5dr Automatic 4x4, Land Rover warranty July 2020, sat nav, reverse camera, head up display, rear DVD, silver, full leather **£46995**

13 63 MINI COUNTRYMAN 1.6 Cooper D All4 5dr, Privacy glass, Bluetooth, aux, usb, silver **£9995**

15 15 MINI COUNTRYMAN 2.0 D Cooper Business Edition All4 5dr Automatic, sat nav, white **£13995**

14 14 NISSAN JUKE 1.6 DIG-T Nismo 5dr 4WD CVT Automatic (197bhp), sat nav, reverse camera, Bluetooth, 18"alloys, white **£10995**

12 62 NISSAN QASHQAI 1.6 DCI Tekna 5dr 4WD, pan roof, sat nav, bose, heated seats, black **£9495**

15 15 NISSAN QASHQAI 1.6 DCI Tekna 5dr 4WD, pan roof, sat nav, reverse camera, white, full leather **£11995**

16 16 NISSAN QASHQAI 1.6 DCI N-Connecta 5dr 4WD, Nissan warranty April 2019, sat nav, reverse camera, heated seats, 16k, black **£14495**

15 65 NISSAN X-TRAIL 1.6 DCI Tekna 5dr 4WD (7-Seater), sat nav, reverse camera, met green, full leather **£15795**

16 16 VW GOLF 2.0 TSI BlueMotionTech R 5dr 4WD (300bhp), VW warranty June 2019, xenons, cruise, 15k, choice **£20995**

16 66 VW GOLF 2.0 TSI R 5dr DSG 4WD, VW warranty Nov 2019, sat nav, heated seats, 18k, choice **£23495**

12 62 VW TIGUAN 2.0 TDI R-Line 5dr 4Motion, sat nav, 18"alloys, 28k, white **£13995**

15 65 VW TIGUAN 2.0 TDI BMT Tech Match 4Motion 5dr, sat nav, 17"alloys, white **£13995**

16 66 VW TIGUAN 2.0 TDI BMT SE NAV 4Motion 5dr DSG Automatic, VW warranty Dec 2019, sat nav, 18"alloys, cruise, 5k, choice **£21995**

16 16 VOLVO XC60 2.4 D5 220 SE 5dr Automatic 4WD, Volvo warranty April 2019, sat nav, privacy glass, white, half-leather **£20995**

14 14 VOLVO XC60 2.4 D4 181 SE Lux Nav AWD 5dr, pan roof, sat nav, black, full leather **£15995**

15 15 VOLVO XC60 2.4 D5 SE Lux 5dr Automatic 4WD, sat nav, heated seats, 28k, blue, full leather **£19995**

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16 66 AUDI A6 2.0 TDI Ultra S-Line Estate Automatic, 19"alloys, sat nav, heated seats, black, full leather £19995

15 65 BMW 116 D Efficient Dynamics Plus 5dr, sat nav, Bluetooth, cruise, dab, choice £10995

15 64 BMW M135i 3.0 M Sports 5dr automatic, sat nav, Bluetooth, 34k, orange, full oyster leather £17295

16 66 BMW 320 I M Sport GT 5dr, BMW warranty Dec 2019, sat nav, heated seats, full black panel display, privacy glass, silver, full leather £15495

17 67 BMW 330 2.0 E SE 4dr Automatic, BMW warranty Sept 2020, sat av, 18"M sport alloys, 11k, privacy glass, choice £18995

16 66 BMW 420 I Luxury Gran Coupe 4dr Automatic, BMW warranty Oct 2019, sat nav, reverse camera, heated seats, 16k, white, full leather £20995

16 16 BMW 430i M Sport 2dr Automatic, M sport plus pack, 19" alloys, Harman Kardon, wide screen sat nav, met grey, full leather £21495

15 15 BMW 435 3.0 I M Sport Convertible Automatic, sat nav, reverse camera, Harman kardon, black, full leather £22995

16 16 BMW 420 D 190 M Sport 2dr Automatic (190bhp), sat nav, heated seats, grey, full leather £17495

15 15 BMW 520 DSE 4dr Automatic, sat nav, 18"alloys, heated seats, choice, full leather £12995

15 65 BMW 520 DM Sport 4dr Automatic, sat nav, 18"alloys, heated seats, choice, full leather £14495

15 15 BMW 530 3.0 D M Sport Estate Automatic, m sport + pack, sat nav, 19"alloys, grey, full leather £17995

15 15 BMW M5 4.4 4dr DCT Automatic, sunroof, sat nav, reverse camera, 20"alloys, 34k, blue, full leather £29995

16 66 CITROEN C1 1.0 VTI Feel 5dr, Citroen warranty Oct 2019, air-con, Bluetooth, aux, usb, dab, choice £5795

17 67 CITROEN C3 1.2 Pure Flair 5dr, Citroen warranty Dec 2020, sat nav, Bluetooth, reverse camera, 11k, silver £9995

14 14 CITROEN DS3 1.6 E-HDI 115 Airdream DSport 3dr, air-con, aux, cruise, 30k, white £6995

16 66 DS DS3 1.6 BlueHDI Prestige 3dr, sat nav, Bluetooth, cruise, dab, black £8495

12 62 FIAT 500 1.2 Lounge 3dr, pan roof, Bluetooth, alloys, 24k, blue £4995

15 15 FIAT 500 1.2 S 3dr, air-con, Bluetooth, alloys, aux, usb, white, half-leather £5795

16 16 FIAT 500 1.2 Pop Star 3dr, air-con, alloys, aux, usb, 12k, pink £6795

17 17 FIAT 500 1.2 Lounge 3dr, pan roof, Bluetooth, PDC, 14k, choice £7295

15 65 FIAT 500X 1.6 D MultiJet Cross 5dr, 17"alloys, Bluetooth, privacy glass, 31k, red £9295

16 65 FORD ECOSPORT 1.0 EcoBoost Titanium 5dr, cruise, Bluetooth, aux, blue, half-leather £8995

16 66 FORD FIESTA 1.0 EcoBoost 140 ST-Line 3dr, Ford warranty Nov 2019, air-con, 17"alloys, privacy glass, 15k, black £9995

18 67 FORD FIESTA 1.0 EcoBoost ST-Line 3dr (New Model), Ford warranty Feb 2021, sat nav, 17"Alloys, Bluetooth, 8k, choice £12995

16 66 FORD FOCUS 1.5 TDCI Titanium X Estate, Ford warranty Nov 2019, sat nav, 17"alloys, 29k, black, half-leather £12495

12 12 FORD FOCUS 1.6 TDCI 115 Zetec S 5dr, Bluetooth, 17"alloys, 55k, white £6995

15 15 FORD FOCUS 2.0 TDCI Titanium X Navigation 5dr, reverse camera, heated seats, black, half-leather £9295

15 65 FORD FOCUS 2.0 TDCI 185 ST-3 Navigation 5dr, sat nav, heated seats, blue, full leather £12995

16 66 FORD KUGA 1.5 T EcoBoost ST-Line 5dr, Ford warranty Jan 2020, sat nav, cruise, Bluetooth, 23k, white, half-leather £17495

14 64 FORD MONDEO 1.6 TDCI Eco Titanium X Business Edition Estate, sat nav, pdc front + rear, red, half-leather £8995

15 65 FORD MONDEO 2.0 TDCI Econetic Titanium 5dr, sat nav, cruise, dab, aux, choice £9995

15 65 JAGUAR XE 2.0 D 180 R-Sport 4dr Automatic, sat nav, cruise, heated seats, dab, privacy glass, 25k, black, full leather £17495

14 64 KIA CARENS 1.7 CRDI 3 5dr (7-Seater), Kia warranty Oct 2021, pan roof, reverse camera, 33k, silver, full leather £11995

11 11 KIA SPORTAGE 1.7 CRDI 1 5dr, Bluetooth, cruise, aux, usb, 37k, silver £7995

17 67 KIA SPORTAGE 1.7 CRDI 3 ISG 5dr, Kia warranty Sept 2024, pan roof, sat nav, 19"alloys, reverse camera, 19k, blue, full leather £18495

16 16 MAZDA 2 1.5 Sport Nav 5dr, Mazda warranty June 2019, sat nav, cruise, privacy glass, 28k, red £8995

15 15 MAZDA 3 2.2 D Sport Nav 5dr, heated seats, sat nav, 18"alloys, black, full leather £9495

15 15 MAZDA CX-5 2.2 D Sport Nav 5dr, sat nav, Bluetooth, reverse camera, 19"alloys, red, full leather £12495

18 67 MERCEDES A200 2.2 DSE 5dr Automatic, Mercedes warranty Feb 2021, sat nav, reverse camera, 15k, grey, full leather £16995

16 66 MERCEDES AMG C63 4.0 Premium Estate Automatic, Mercedes warranty Oct 2019, pan roof, sat nav, reverse camera, 21k, black, full leather £36995

15 65 MERCEDES C300 2.2 H Sport Premium Estate Automatic, sat nav, pan roof, reverse camera, 38k, blue, full leather £19795

16 66 MERCEDES CLA200 Sport Estate, Mercedes warranty Oct 2019, sat nav, cruise, Bluetooth, 12k, grey, half leather £17995

13 13 MERCEDES E220 2.2 CDI SE 4dr 7G Automatic, sat nav, 31k, silver, full leather £13495

16 16 MERCEDES E220 D AMG Line 4dr 9G-Tronic (New Model), sat nav, cruise, heated seats, choice, half-leather £21495

15 15 MERCEDES E250 2.2 CDI AMG Line Convertible 7G Automatic, sat nav, heated seats, 32k, white, full leather £18995

15 65 MINI COOPER 1.5 D 5dr, chilli pack, sat nav, orange, half-leather £9995

16 66 MINI COOPER 2.0 D S 5dr, Mini warranty Oct 2019, privacy glass, Bluetooth, dab 16"alloys in black, 6k, white £12995

17 17 MINI COOPER 2.0 S Seven 5dr (192bhp), Mini warranty June 2020, media pack XL, sat nav, chili pack, 8k, black £16495

15 65 NISSAN JUKE 1.6 DIG-T Tekna 5dr (187bhp), sat nav, reverse camera, white, full leather £9795

17 67 NISSAN QASHQAI 1.2 DIG-T Acenta 5dr (New Model), Nissan warranty Jan 2021, sat nav, tech pack, 5k, red £15495

15 65 NISSAN QASHQAI 1.5 DCI N-Tec + 5dr, sat nav, pan roof, reverse camera, cruise, choice £11495

16 66 NISSAN X-TRAIL 1.6 DCI Acenta 5dr X-Tronic 7-Seater, Nissan warranty Oct 2019, pan roof, cruise, 23k, black £16495

15 15 PEUGEOT 2008 1.6 E-HDI Allure 5dr Automatic, cruise, Bluetooth, black £7995

17 67 RENAULT CAPTUR 0.9 TCE Energy Expression + 5dr, Renault warranty Nov 2021, Bluetooth, cruise, 6k, black £10995

14 64 RENAULT CAPTUR 1.5 DCI Dynamique S Medianav Energy 5dr, sat nav, reverse camera, 23k, choice £8495

15 65 RENAULT CLIO 0.9 TCE Dynamique S MediaNav 5dr, Renault warranty Jan 2020, sat nav, 23k, black £7995

15 65 RENAULT CLIO 1.5 DCI 90 Dynamique S Nav 5dr, Renault warranty Nov 2019, sat nav, cruise, aux, choice £7995

16 66 RENAULT KADJAR 1.5 DCI Energy S Dynamique Nav 5dr, Renault warranty Dec 2020, sat nav, 19"alloys, cruise, 9k, silver £14495

15 15 RENAULT TWINGO 1.0 Dynamique 5dr, air-con, cruise, Bluetooth, 37k, white £5295

16 16 SEAT LEON 2.0 TSI Cupra 3dr (290bhp), Seat warranty August 2019, sat nav, heated seats, 19"alloys, 15k, red, full leather £16995

16 66 SKODA OCTAVIA 2.0 TDI SE-L 5dr, Skoda warranty Dec 2019, sat nav, Bluetooth, dab, black £11995

17 17 SKODA SUPERB 2.0 TDI Laurin & Klement 5dr DSG Automatic, sat nav, Bluetooth, full leather, silver £18995

16 16 SUZUKI VITARA 1.6 DDIS SZ5, Suzuki warranty Feb 2019, sat nav, reverse camera, pan roof, turquoise £11495

17 67 VAUXHALL ASTRA 1.6 CDTI Elite 5dr, Vauxhall warranty Oct 2020, sat nav, Bluetooth, 20k, silver, full leather £11995

16 16 VAUXHALL INSIGNIA 1.6 CDTI ecoFLEX Design 5dr, Bluetooth, cruise, 28k, silver £8995

14 64 VAUXHALL INSIGNIA 2.0 CDTI ECOFlex SRI VX-Line 5dr, vxr styling pack, sat nav, 19"Alloys, bose, 33k, black £10495

17 66 VAUXHALL INSIGNIA 2.0 CDTI (170) EcoFlex SRI NAV Estate, Vauxhall warranty Jan 2020, sat nav, 17"alloys, 22k, met blue £10995

11 11 VW BEETLE 1.4 Luna Convertible 75ps, pdc, alloys, red £4995

16 66 VW GOLF 1.0 TSI Match Bluemotion Edition 5dr, VW warranty Sept 2019, sat nav, heated seats, Bluetooth, cruise, 10k, silver £13995

16 16 VW GOLF 2.0 TDI GTD 5dr, VW warranty June 2019, sat nav, cruise, Bluetooth, heated seats, choice £15495

16 66 VW POLO 1.4 TSI ACT Blue GT 3dr, VW warranty Dec 2019, electric glass sunroof, Bluetooth, cruise, choice £11995

16 66 VW SCIROCCO 2.0 GT TDI BLUEMOTION TECHNOLOGY 3dr, VW warranty Nov 2019, sat nav, cruise, Bluetooth, 16k, white £15995

16 66 VW TIGUAN 2.0 TDI BMT SE NAV 5dr, VW warranty Oct 2019, sat nav, cruise, 18"alloys, aux, usb, 9k, grey £20995

15 15 VOLVO V40 1.6 D2 R-Design 5dr, cruise, heated seats, dab, Bluetooth, choice £10495

16 66 VOLVO XC60 2.0 D4 R-Design Lux Nav 5dr Automatic, Volvo warranty Oct 2019, sat nav, heated seats, 18"alloys, privacy glass, 23k, black, half-leather £21995

16 16 BMW 520 D M Sport 4dr Automatic, pro media, M sport + pack, grey, full leather **£15995**

14 64 NISSAN QASHQAI 1.5 DCI N-Tec + 5dr, sat nav, pan roof, reverse camera, Bluetooth, white **£9995**

16 66 KIA SPORTAGE 1.6 GDI 1 5dr, air-con, cruise, Bluetooth, dab, 17k, choice **£11995**

17 17 HONDA CIVIC 1.5 VTEC Sport 5dr, sat nav, reverse camera, privacy glass, 23k, blue **£15995**

17 67 FORD FIESTA 1.0 T EcoBoost Zetec 5dr, sat nav, Bluetooth, 7k, black **£9995**

15 15 DS DS4 1.6 BlueHDI DStyle Nav 5dr, sat nav, cruise, pdc, aux, white **£7495**

15 65 FIAT 500 0.9 TwinAir Vintage 57 3dr, Bluetooth, blue, full leather **£5995**

16 66 NISSAN QASHQAI 1.5 DCI N-Vision 5dr, sat nav, pan roof, reverse camera, half-leather **£12995**

12 62 BMW 118 D Sport Plus Edition 2dr, heated seats, privacy glass, 55k, black, full leather **£9495**

17 67 SEAT LEON 1.4 TSI 125 FR Technology 5dr, sat nav, cruise, Bluetooth, 9k, choice from **£12995**

16 16 SMART FORFOUR 1.0 Prime Premium 5dr, sat nav, heated seats, 15k, white, full leather **£7495**

15 65 FORD KUGA 2.0 TDCI Titanium 5dr, cruise, Bluetooth, blue, half-leather **£11495**

16 66 JAGUAR XF 2.0 D (180) R-Sport 4dr Automatic,sat nav, heated seats, choice, full leather **£19495**

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13 AUDI A1 S-Line 1.4 TFSi 5dr Automatic In red, 73,000 miles, very nice example..... **£9,995**

15 FORD ECO SPORT 1.5 DCi Titanium in met grey, 79,000 miles, £30 road tax **£9,495**

13 MINI Cooper S 'Bayswater Edition' In black with black leather, 52,000 miles, pan roof, etc **£9,495**

15 VW Polo 1.4TDi SE 5-Dr In met-red, 25,000 miles, low running costs **£8,995**

12 FORD GRAND C-MAX 2.0 TDCi Titanium, Auto, Met terrian with leather, 46,000 miles, 7 seater with sat nav, pan roof etc **£8,995**

66 FORD FIESTA 1.2 ZETEC 5-DR in met black, 19,000 miles, 1 owner..... **£8,495**

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65 SKODA Fabia 1.0 MPi SE 5dr In black, 22,000 miles, 1 owner **£7,995**

61 HYUNDAI IX35 Style 2WD 1.7 CRDI in silver, 52,000 miles, two owners..... Reduced to **£7,995**

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63 VAUXHALL Astra 2.0 CDTi SRi 5-Dr In ice blue, 45,000 mile diesel hatch..... **£6,995**

63 NISSAN Juke 1.5 DCi Acenta Met-burgundy, 71,000 mile diesel, great value at..... **£6,995**

60 MINI Cooper 1.6D Convertible in black with leather trim, 52,000 miles, Chilli pack etc **£6,995**

13 FORD C-Max Zetec 1.0 Turbo In silver, 69,000 miles, low running costs ..... Reduced by £500 to **£6,995**

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08 Audi A3, 2.0+ tdi sport convertible, In red, 55,000 miles, superb example **£6,995**

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64 VAUXHALL Corsa 1.4 SE 5-Dr In met grey, 44,000 miles, a/c, etc **£6,495**

14 HYUNDAI i10 SE 1.2 5-DR new shape met black, 16,000 miles, £30 road tax, low insurance **£6,295**

13 SKODA Rapid 1.2 TSi Elegance In met grey, 51,000 miles, ideal family hatch **£6,295**

13 FORD Fiesta 1.5 TDCi Zetec 5-Dr In silver, 49,000 miles, free road tax **£6,295**

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16 PEUGEOT 108 Active 5-Dr in red, 26,000 miles, 1 owner, free road tax **£5,995**

14 VAUXHALL Corsa 1.4 SE 5-Dr In met-black, 43,000 miles, a/c, alloys etc **£5,995**

08 NISSAN X-TRAIL 2.0D Aventura In met blue, 95,000 miles, sat nav, pan-roof etc **£5,995**

64 FIAT 500S In met grey, 48,000 miles, very nice example **£5,695**

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12 VAUXHALL MERIVA SE 1.7 CDTi Automatic in burnt orange, 55,000 miles **£4,995**

11 CITROEN C4 GRAND PICASSO 1.6 Diesel Executive Automatic 78,000 miles, 7 seater **£4,995**

10 MINI Cooper S In electric blue with white roof etc, high spec hot hatch..... **£4,995**

63 VAUXHALL Corsa 1.0 Ecoflex S 3-Dr In white, 26,000 miles, £30 road tax **£4,495**

63 DACIA Sandero Ambiance In black, 53,000 miles **£4,495**

62 HYUNDAI i10 Active 1.2 In white, 34,000 miles, £20 road tax, low insurance **£4,495**

12 HYUNDAI i10 Classic 1.2 In silver, 22,000 miles, 2 owners, a/c, etc, £20 road tax **£4,495**

10 HONDA Civic 1.8 Si 5-Dr In red, 91,000 miles, very nice throughout ..... Reduced to **£4,495**

11 FORD FIESTA 1.4TDCi Edge, 5-Dr, In silver, 60,000 miles, £20 road tax **£4,295**

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59 MAZDA 3 1.6 S 5dr, in electric blue, 67,000 miles, ideal family car..... **£3,995**

13 SUZUKI ALTO 1.0 SZ Free, 5-Dr, In cherry pink, 37,000 miles, 1 owner, free road tax..... **£3,995**

12 VAUXHALL CORSA 1.2 Active 3dr In white, 52,000 miles, 2 owners with A/C..... **£3,995**

12 KIA Picanto 1.0 3-Dr In black, 47,000 miles, free road tax, low insurance **£3,995**

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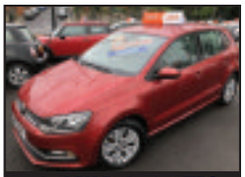

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Bridgend Athletic mini and junior rugby round-up

THE under-7s hosted Beddau at Newbridge Fields, and with the Ath having a squad of 19 players they were able to field three teams.

It was great to see the youngest players representing Bridgend Athletic showing such commitment and effort, particularly Callum Brown, Zavier Gardener, Osian Phillips and Charlie Tune once again leading the way in attack with George Evans, Geronge Cowan and Tyler Pascoe showing great determination in defence.

THE under-8s also hosted Beddau RFC.

Both sides turned up boasting strong squad numbers and as a result were each able to field two teams.

The Ath looked rusty and lacked their usual sharpness in both attack and defence. Beddau were able to capitalise on this and proved the stronger side on the day, and across four matches the Ath won one and lost three.

This week they take on their close rivals from Bridgend Sports.

THE under-9s welcomed Beddau to Newbridge Fields and were expecting a tough game after they drew 35-35 earlier in the season.

Ethan Davies and Dylan Jones were excellent and stood out in both attack and defence. The players still need to work on their defence as a team but thoroughly deserved their 70-40 win!

THE under-13s had a home game against Tonyrefail, our first game ever played on the Coity 4G pitch.

In dry conditions Rhys Hockings opened the scoring, the try converted by Charlie Rees, but Tonyrefail soon got back into the match and it wasn't a surprise when they crossed from a driving lineout, with the resultant conversion missed.

Hockings then put Dan Honeyfield in at the corner, a try that was converted by Charlie Rees. Then the forwards ran a training ground move with Honeyfield crashing over from close range to bag his second of the match. Again, the conversion was kicked by Rees and the Ath were leading 21-5 at half-time.

It was a Tonyrefail kick out of defence that led to the next score, Joel Rodgers showing good feet and pace to run into the corner, Rees' fourth conversion taking the score to 28-5.

Tonyrefail then scored their second try of the game, which was converted, and with the Ath taking their foot off the pedal, Tonyrefail scored again, yje final score 28-19.

This week they welcome Kenfig Hill to the Coity pitch.

THE under-15s were away to Cwmavon in their Ospreys Cup quarter-final game, and with so many injuries and players unavailable it was always going to be a tough one.

The Ath scored first through Jacob Perkins but it didn't take long for Cwmavon to strike back with a try out wide against the run of play.

Evan Beach went through a gap to add to the Athletic score and Ethan Scourfield fended off defenders to get the Ath's third try.

The second half saw Cwmavon come out fighting and they scored a second try. A driving maul from a lineout saw Jacob Perkins get his second try and Evan Beach stepped up to add another three points from a good distance out.

The final score was 27-12.

THE under-16s welcomed Bryncoch to Newbridge Fields and scored an early try through Tom Florence.

A short while later Florence was at it again, chipping over the full back to win the race for a touchdown wide out; both tries were converted by Euan Rees.

Further tries came from skipper Ryan Neagle and Florence again, completing his hat-trick before half-time. Ryan Neagle also completed his double also in the first half.

Fynn Mordecai then scored in the corner for the try of the match and half-time saw the score at 38-0.

The second half saw Bryncoch rally and score two quick tries, but the Ath bounced back with tries from Florence, Harry Cawley and scrum half Callum Reed.

All in all a fantastic effort from all players to get such a big win against a very good team. Nine tries scored with four converted by Euan Rees (other conversions were declined!) for a final score of Bridgend Athletic 53, Bryncoch 15.

AB

Lady golfers celebrate end of year

COTTRELL Park ladies' Christmas lunch began with a drinks reception which put the ladies in a festive mood.

The lady captain was greeted with a standing ovation followed by her little helpers (the ladies' committee) dressed in Christmas tree outfits!).

A superb Christmas meal was presented by Cottrell Partk which was really enjoyed by all

Prizes were given out for the summer season to Lorraine Pointon Bell for Dragon Broach with the Pencarreg Cup Super 70 and medal given to Patricia Roe, the Grandmothers Cup to Patsie Smith, Aberthin Cup to Sara Alexander and the Summer League trophy to Chris Impey.

The Cup of Achievement for the person who has lowered their handicap most went to Sarah Wallace, with the Eclectics won by Helen Little and Helen Evans.

The raffle was won by Regina Drew, with the price being a hamper.

A gift was given to each lady from the captain with good wishes for a happy new year and good golfing.

LPB

The Vale of Glamorgan Football League round-up

AFTER an enforced winter break that only saw a small handful of games played December, the Vale league brought in the New Year with goals galore.

It was derby day in the Premier Division as Barry Athletic picked up where they left off with a 4-1 Barry Island derby victory over Island Marine. Athletic remain four points ahead of Penarth Town having played two games less.

Penarth kept near the leaders with a derby win too, as they edged Sully Sports 2-1, while third place AFC Rhoose lost ground on the leaders, to whom they have a game in hand, as they were held to a 2-2 draw at home by St Athan.

In Division One, champions-elect Holton Road thumped Cardiff Airport by a score of 8-3 - the result sees Holton Road now 19 points clear at the top with 14 wins from 14 games. With seven games remaining it would take a catastrophic collapse by the leaders not to be crowned champions.

Below the runaway leaders it is far tighter as eight points separate second and seventh. Cadoxton Imps remained second with an impressive 5-3 win over Cadoxton Barry in another derby, while Tynewydd stayed level on points with the Imps with a thrilling 4-3 victory over Cogan Coronation.

Down at the foot of the table Cwm Talwg were triumphant over SP Billy in a nine goal cracker, 5-4.

In Division Two, AFC Rhoose B moved into an advantageous position atop of the division as they got past Penarth B 2-1, while second-placed St Athan B slipped to a 1-0 defeat to Barry Vikings, who close the gap on second to two points. AFC Rhoose B are four points ahead having played a game less.

Barry Athletic B went fourth with a 4-1 win over Vale Madrid while Island Marine secured a second successive three points, defeating Cadoxton Athletic 6-2. That's five league games without a win for Athletic, whose good early-season form seems to have deserted them.

The league action continues this week (weather permitting).

HD

On and Off The Turf with Brian Lee

VALE trainers Christian Williams and Evan Williams (no relation) both saddled winners at Hereford on Wednesday (Janurary 2).

Christian took the opening Conditional Jockeys' Novice Handicap Hurdle with Uno Mas, who, ridden by Rex Dingle, beat the Jonjo O'Neill top-weighted Bahama Moon by a length at odds of 9-1.

Evan saddled Go Long which took the MansionBet Novices'Chase and which won by one-and-three- quarter lengths from First Drift. Go Long ridden by stable jockey Adam Wedge was a 15-8 chance.

Two other Welsh trainers who had winners at the meeting were Pembrokeshire's Dai Rees, who won with Gardeners Hill, and Brecon's Brian Eckley who scored with his home-bred Liberty Bella.

WALES' MOST POPULAR CHASER A LAST FENCE FALLER

THE £100,00 Unibet Veterans'Handicap Chase at Sandown Park last Saturday (January 5) went to the Venitia Williams-trained Houblon Des Obeaux, which came home 15 lengths ahead of Colin Tizzard's Theatre Guide.

Llancarfan's Evan Williams's On Tour finished a further four and a half lengths back in third place.

However, On Tour's stable companion, and last year's winner Buywise, partnered by stable jockey Adam Wedge, the only danger to the winner after making up a lot of ground in the closing stages, was about three lengths down and appeared to be still full of running only to fall at the last fence, leaving Houblon Des Obeaux to run out an easy winner after being backed from odds of 20-1 to 7-1.

Williams reported that Buywise was none the worse for his fall but he fears that the popular chaser - one of the few horses to have two pages devoted to him in Timeform's Chasers & Hurdlers annual - may not reach the heights again.

Evan told the racing press: "Whether he'd have won is irrelevent became the main thing is he's sound and happy. I was very surprised how he ran, he's been on a downward slope and

I was overjoyed with him, but whether he can reproduce that form again after such a fall, I don't know.

"It will be very difficult I'd imagine," he added: "He's been in trouble since last year and the problem with veterans' chases is that people get a false view of the form. I couldn't think of any horse that went into the race in form and I don't think the winner is back to his best. I think probably 90 per cent of the horses haven't run to any type of form."

Because of a series of near misses, jumping enthusiasts have taken Buywise to their hearts

and he has had a cult following over the years and Williams said: "Why do people love him?

I don't know. I think the Brits love a gallant loser. You get blown away with it and you get a bit proud with people thinking the horse is special.

"I don't know if he deserves the attention, all he's ever done is broken everybody's hearts. He's a wonderful old boy and if I had a yard full of horses like him I'd be very happy,but I'd be greyer and balder than I am."

Buywise had several near misses at Cheltenham, the spiritual home of steeplechasing, and

Williams has had scores of letters from his fans telling him how he should be ridden and trained.

Evans said: "He takes an awful long time to warm up and that why he tends to get behind and appears to take liberties with the fences."

Ben Jones, aged 19, who is attached to Philip Hobbs' Withycombe, Somerset yard, came in for plenty of praise after winning the RacingTV. Com Mares' Handicap Hurdle at Wetherby last Friday (January 4) on Hobbs' Midnight Glory.

In winning the race, Ben was reported to have "…showed maturity beyond his years with a well executed ride."

After a 248-mile journey from Somerset to Wetherby, the winning connections had plenty to smile about!

Golfing seniors' stableford action

FOLLOWING the Christmas and New Year break, St Mary's Golf Club's senior section eased back into their regular weekly competition programme with 18 of their number teeing off in a team stableford competition.

The players enjoyed a brief respite from the recent prolonged rain, but the heavy going and frigid temperature dictated that the event be played over a reduced course of just 12 holes.

The very popular format of the two best scores of three on each hole was the order of the day, and the six teams of three players all returned net scores better than the nominal par of 48 stableford points.

The team of Doug Mein, Trevor Evans and Fred Furby claimed the victory with 57 points, one more than the second placed team of Gareth Jones, Meic Edwards and section chairman, Gordon Martin.

NL

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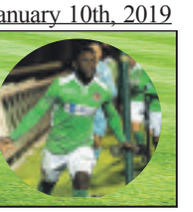

Disappointing defeat for Cowbridge RFC

ON a dry, still Saturday afternoon, Cowbridge RFC welcomed Treharris RFC, seeking revenge for the only league defeat way back in September.

Cowbridge kicked off and the visitors were soon on the offensive. A penalty 30 metres out found touch and the resulting drive lead to a second penalty, again kicked from touch.

This time the ball was spun out and an inside pass in the centre resulted in a try under the posts, easily converted.

A powerful Dan Holder drive from the kick off took Cowbridge past the halfway and a penalty. Unfortunately the kick did not find touch and this was to be the story of the afternoon, a game littered with mistakes.

However, with the Cowbridge scrum dominant they edged their way up to the 22.

A powerful drive by prop Jon Bater and Dan Holder resulted in a penalty with Cowbridge opting for a scrum. Despite a slight fumble,the ball was spun out and second row Dai Popham gathered the 15 metres out and crashed through the Treharris defence for an excellent try after 20 minutes, converted by full back Josh Thomas.

As the penalty count for both sides mounted it was Treharris who were next on the scoreboard with a converted try on the half hour.

With minutes to go to half-time, flying wing Rhydian Williams was unlucky to have a try disallowed following a clever chip through by full back Thomas.

The half-time score was Cowbridge 7, Treharris 14.

The second half continued very much like the first with Cowbridge having plenty of attacking opportunities thwarted by mistakes.

Still,it all came together after 20 minutes when Cowbridge pushed Treharris off their own scrum, and scrum half Hywel Williams broke from the base to transfer to the ever-present Dan Holder to score a fine try to take the score to 12-14.

It took just another four minutes for Treharris to extend their lead with a penalty. The visitors now began to dominate with some precise running by backs and forwards and another penalty in front of the posts took them to 20 points with just six minutes remaining.

The lead was almost extended with some fine inter-passing into the 22 but Cowbridge cleared and stormed out of defence. In the dying seconds Cowbridge had an opportunity to claim a losing bonus point with a penalty on halfway which dropped tantalisingly short, the final score Cowbridge 12, Treharris 20.

This was a strangely disjointed performance from Cowbridge against a well-drilled and confident Treharris.

Despite plenty of possession, too many basic mistakes led to this possession being lost at crucial moments.

The boys will be looking to remedy this away at Penarth this Saturday followed by Penygraig at home on January 19 and Fairwater away on January 26.

RV/RK

Llantwit Major RFC suffer loss in highly entertaining game

LLANTWIT Major RFC travelled to the capital last week with the their tails up after a couple of good performances, but came unstuck against a well-drilled and organised St Albans outfit who were worthy of their now second place in the league after a 33-25 win in this enthralling encounter.

The Blood and Blacks had probably their best starts to the game, and arguably their best half of the season, as they tore into The Buns, setting up play after play with strong runs as forwards and backs combined to dent the already drifting home defence.

The try was soon coming as first flanker Gareth Watts tied in the big defenders with a powerful burst over the home side's 22, then, with quick recycled ball, the momentum continued as the backs put the ball nicely through the hands to allow centre Jack Austin to cross out wide. The conversion just sailed wide from outside half Howley.

Llantwit were quickly back into attack as they set about a bewildered looking Buns, who had hardly had their hands on the ball before scrum half Ryan Evans had added a further six points with two big penalty kicks.

The 11 point lead was fair reward for the intensity of the Llantwit play, particularly at the breakdown, where the effervescent Stuart Edbrooke at seven was causing the home side no end of trouble.

Llantwit, with all the possession, then became camped on their opponents' 22 as they searched for their second try, and in nearly a carbon copy of the build up to the first they tied in some defenders before gaps appeared out wide.

But instead of keeping the ball in hand Howley went for a delicate chip over his not-so-delicate opponent, who charged it down and then hacked it 30 metres down field.

With the covering defence scrambling back The Buns managed another hack on again over the Llantwit line, and in the melee that unfolded to ground the ball it was The Buns who came away with a great opportunist try.

Some further foul play allowing a penalty to be kicked for a Llantwit line out 15 metres out which the visitors took no time in securing before setting off for the whitewash with a strong looking driving maul, which, despite some valiant defending, crossed with number eight Rob Carter grounding the ball and Evans adding the two point conversion with a great kick from out wide.

It was the home side next on the scorecard as some pressure near to the Llantwit line saw them pass the ball wide through the backs and cross for a fine three-quarters try.

It was The Buns who edged themselves into the lead shortly after the break with another superbly executed score from their three-quarters as they crossed again close to the posts for another converted try to take the score to 19-18.

Llantwit gained some good territory from replacement back rower Dan Bawden, and following a couple of quick rucking phases Gareth Watts charged over. Evans again slotted over the two points to give Llantwit a six point lead.

With just 12 minutes left on the clock, all Llantwit needed to do was batten down the hatches and face up to inevitable onslaught from the home side as they pushed for the crucial score.

It seemed to start well as Llantwit collected the ball well from the restart and settled into keeping possession, but were robbed of possession too easily and then allowed The Buns' outside half to amble through a huge gap in defence and race over the 22.

Disastrously for the Llantonians, he was only stopped illegally by full-back Josh Austin. The inevitable yellow card was shown and with it any hopes of keeping out the home side until the final whistle ended.

The Buns took little time in romping over for their third try, and it didn't end there as they crossed again before the final whistle for a well-deserved bonus point fourth try.

Man of the match for Llantwit was again Gareth Watts, who was crucial to two of their three tries.

AH

Cowbridge Darts League round-up

IT is time for the darts season to resume and all teams will be in action again on Tuesday, January 15.

In the league the Edmondes B hosts Llanharry, the Farmers Arms hosts the Edmondes C, the Highwayman Inn hosts the Hairy Farmers and the Red Lion Inn hosts the Edmondes A.

Also the Victoria Inn hosts the One Town Hall Square. All matches start at 8.15pm and spectators are welcome.

The present league standings are: Edmondes B (61 points), Highwayman Inn (49), Farmers Arms (44), Edmondes A (42), Llanharry and Victoria Inn (39), Hairy Farmers (38), One Town Hall Square (26), Edmondes C (22) and Red Lion Inn (9).

In terms of individual performances we have had 18 180s hit so far this season: Luke Richards has hit four.

Nigel Thomas, Martin Thomas and John Izzard have each hit two. Simon Reader, Rob McCaver, Rhys Jury, Trevor Morgan, Lee Daves, Jon Davies, Tom Verrill and Iain Jones have each hit one.

The men's highest out so far stands at 112, hit by Tom Verrill, and the ladies highest out so far stands at 77, hit by Amanda Edwards.

Five players, so far, have had outs over 100 this season: Tom Verrill (112), Phil Harris (110), Martin Gaffney (106), Iain Jones (104) and Luke Richards (101).

For further information e-mail Paul at cowbridgedarts@gmail.com, up-to-date information can be found on the website: www.darts.apsn.co.uk.

PJT

Comprehensive win for Cowbridge youth

COWBRIDGE RFC youth produced their best team performance of the season so far, delivering a comprehensive 45-5 away victory against Aberdare youth.

Straight from the kick off Cowbridge were on top of their opponents. The boys were playing controlled rugby, going through the phases and dominating possession.

When Aberdare did manage to turn the ball over their clearing kick was returned with interest by the attacking Cowbridge back three. From one of these clearing kicks, Evan Williams the Cowbridge full back gathered the ball and set off on a searing run.

Williams side-stepped the first line of defence and then off-loaded to Ruben Williams the powerful Cowbridge number 8. R. Williams ran onto the ball with great pace, andwith his size and speed he was no match for the brave Aberdare outside half.

At the next phase Cowbridge created a three-man overlap, but with the outside half still static on the ground the referee stopped the game so he could get some medical attention.

From the resulting scrum Cowbridge opened the scoring with a well-created team try. First the backs moved the ball to the far right hand side of the pitch with simple passing. Then the forwards moved the ball back to the left with some simple passing.

Both the forwards and the backs had subtle interchanges which the Aberdare defence struggled to cope with. After one more phase, Jack Dixon, the Cowbridge left winger found himself free just 20 metres from the Aberdare line with no Aberdare defender in sight to cross.

Aberdare responded well and delivered their first sustained piece of possession forcing Cowbridge back into their own 22.

Cowbridge had to dig deep and keep their discipline, Aberdare produced a number of rolling mauls and hard runs but the Cowbridge defence held.

Cameron Roy, the Cowbridge second row, produced a textbook tackle in midfield and the ever-present Ben Jones, the Cowbridge openside flanker, won a penalty at the breakdown. Evan Thomas cleared Cowbridge's lines with a great penalty kick to touch.

From the lineout Cowbridge scored their second try of the game. The lineout did not go to plan and Aberdare cleared their lines, only for Evan Williams to gather the ball and run back into the heart of the Aberdare defence.

Just before contact Williams offloaded to Ruben Williams, who produced another barnstorming run and ran through three Aberdare tackles on his way to the try line.

Evan Williams converted to make it 14-0.

The Aberdare defence was beginning to tire and started to give a number of penalties away. From one of these penalties, the Cowbridge scrum half, Ioan Williams took a quick tap and headed for the Aberdare line.

The Aberdare tight head prop couldn't help himself and tackled Williams without retreating ten metres. Evan Williams slotted the three points on offer to close out the first half.

Aberdare began the second half the stronger and once again pinned Cowbridge inside their own 22 for a long period of time. Cowbridge defence was disciplined with everyone playing their part in thwarting the Aberdare attack.

Rather than Aberdare opening the scoring in the second half it was a break away try for Cowbridge that opened the scoring. Jared Williams produced a thunderous tackle to dislodge the ball from the Aberdare number 8.

Evan Thomas fly-hacked the loose ball down field, Angus James the Cowbridge right winger gave chase. James managed to get the ball first and also fly hacked the ball towards the Aberdare line.

James gathered the bouncing ball and headed for the try line. James was hauled down five metres short of the line, but popped the ball off the ground to Evan Thomas who had followed up on his own clearing kick. Thomas scored unopposed and Evan Williams converted.

From the kick off Aberdare threw everything they had at Cowbridge, but once again the Cowbridge defence held.

Just outside the Cowbridge 22, Iestyn Galton turned the ball over for Ioan Williams to snipe down the blind side. Williams darted through a gap in the defence and off loaded to Dixon just inside the Cowbridge 10-metre line.

Dixon sidestepped off his left, produced a brilliant hand off and found himself with just the full back to beat. Dixon pinned back his ears and backed his pace to make it to the try line to score a brilliant individual try under the posts, the score rising to 31-0.

With the bonus point secured the coaches took the opportunity to give some new personnel their chance. To the credit of the whole team, even with all the changes the team kept their structure and excellent defence.

Aberdare did not let their heads drop and continued to put the Cowbridge defence under enormous pressure. Time after time, the Cowbridge defence held their ground.

Cowbridge's fifth try was a carbon-copy of their third. Evan Thomas fly-hacked the ball down field, for James to gather the ball. James drew the last line of defence and passed the ball back inside for Evan Thomas to score his second try of the game under the posts. Evan Williams converted.

With the game well and truly over Aberdare continued to batter the Cowbridge defence. To their credit they were rewarded with a well-worked team try. Aberdare maintained some possession and moved the Cowbridge defence from one side of the field to the other. As the ball was moved from the left hand side to the right, the Aberdare centre cut a great line to score unopposed and take the score to 5-38.

With the game entering its final stages it was Cowbridge who finished the stronger.

Following a number of penalties, Will O'Connor the replacement Cowbridge scrum half took a quick tap penalty and fed Benji Williams who in turn fed Dan Stancombe. Stancombe broke through one tackle and made a simple try scoring pass to Evan Williams who scored in the far right hand corner. Williams converted his own try to make the final score 45-5.

GJ